

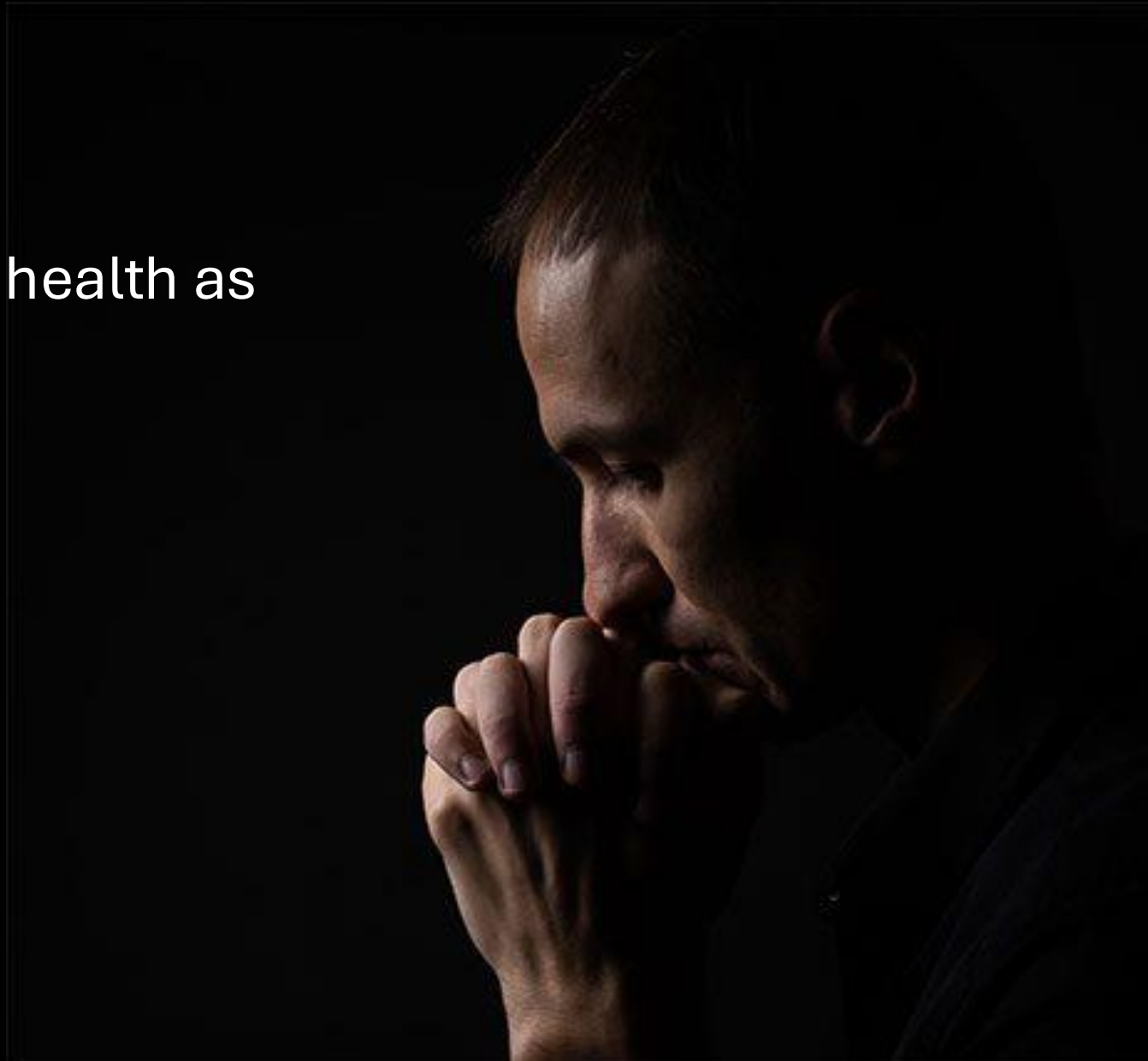


The Health of a Leader



The Health of a Leader

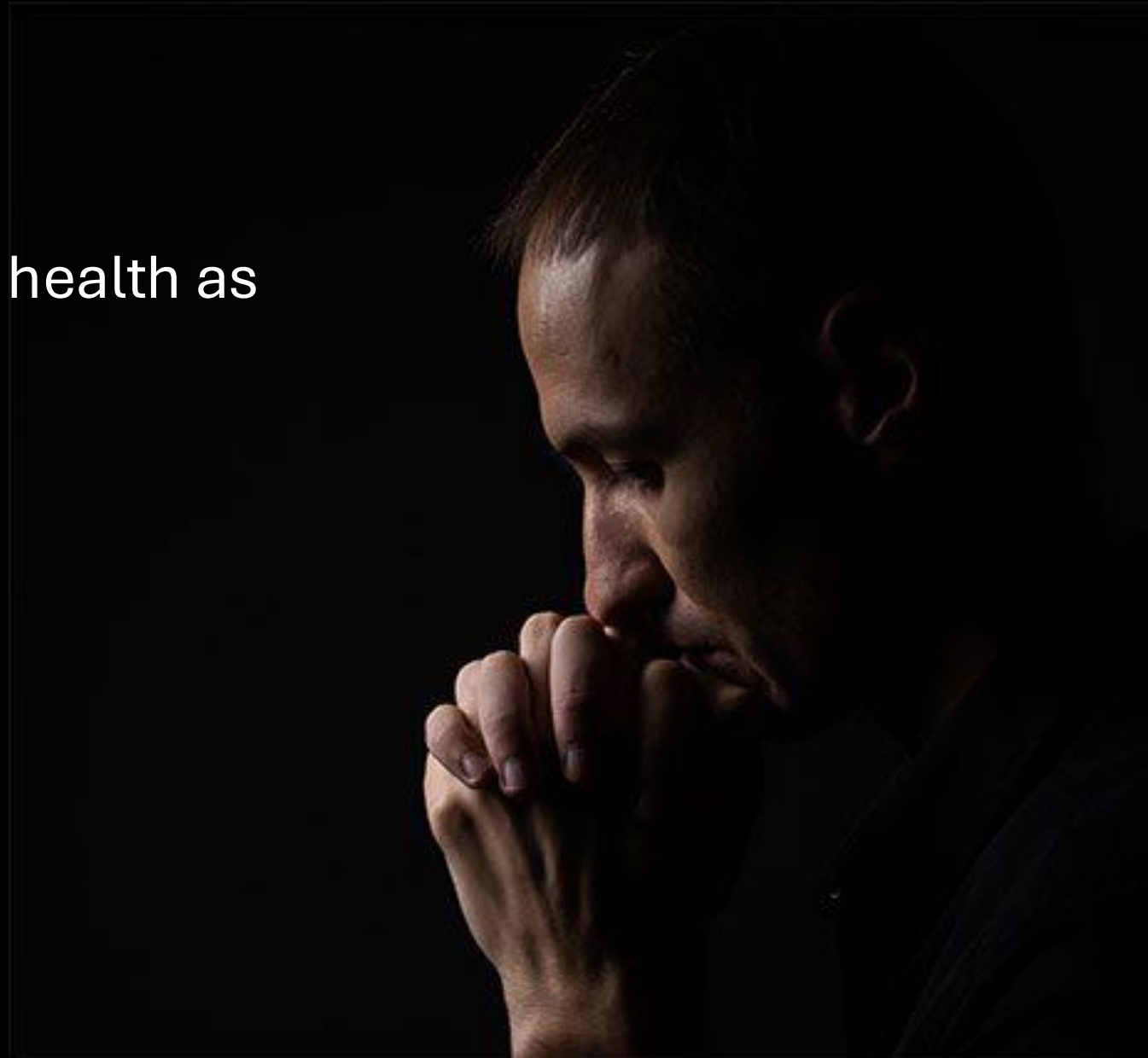
Three common myths about your health as a leader:



The Health of a Leader

Three common myths about your health as a leader:

1. It is spiritual to be unhealthy

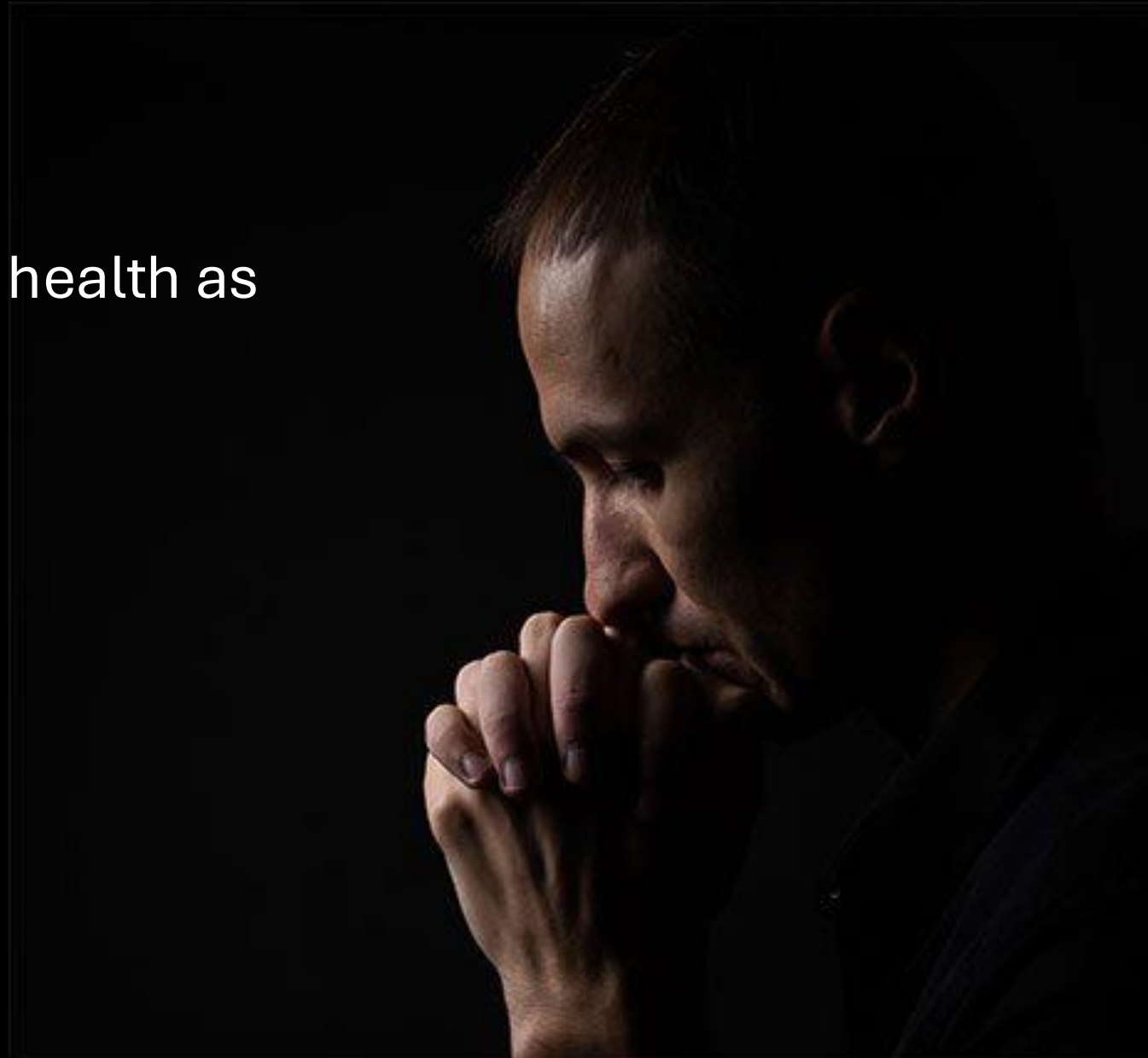


The Health of a Leader

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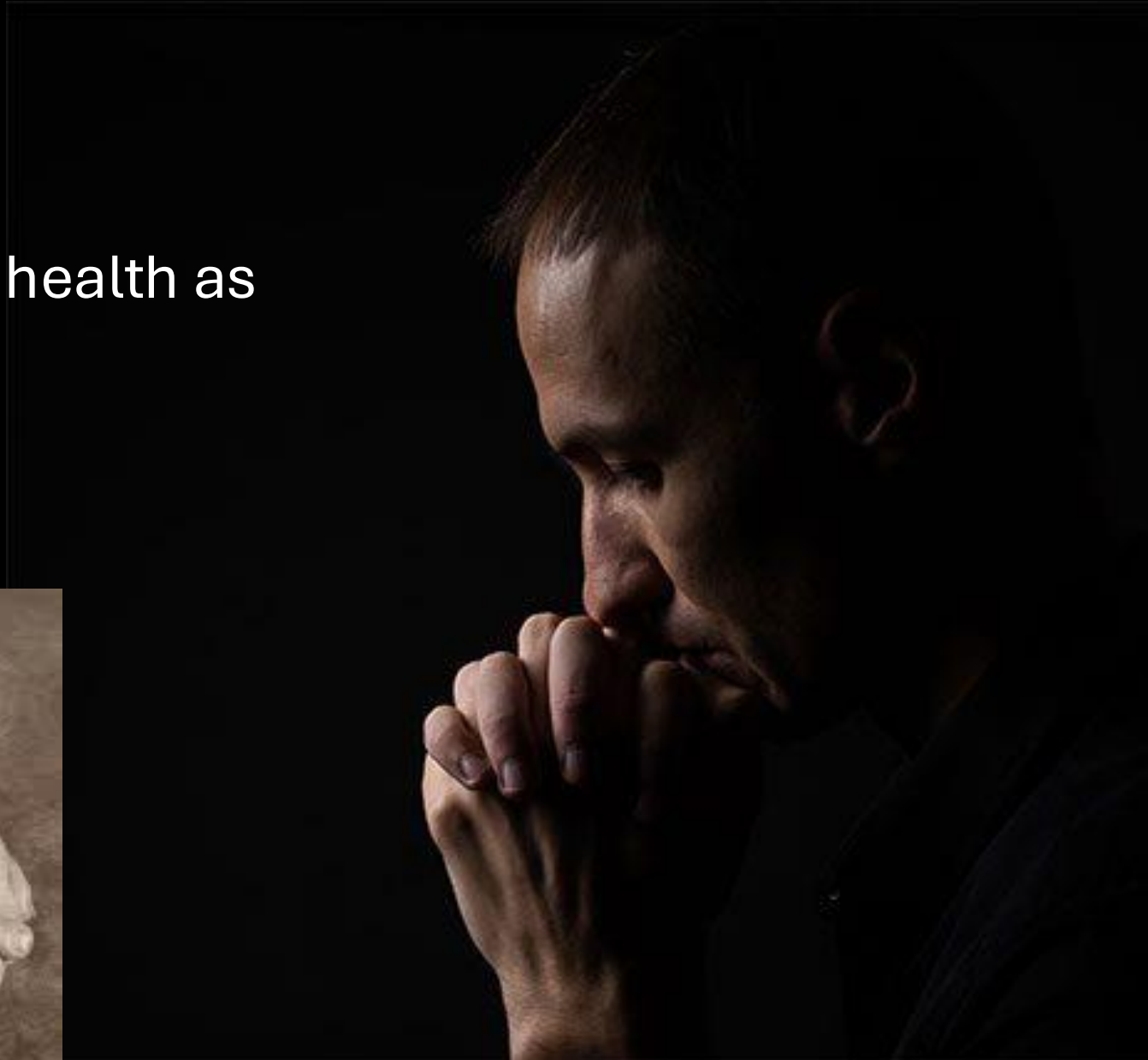
“To care for myself is selfish”



The Health of a Leader

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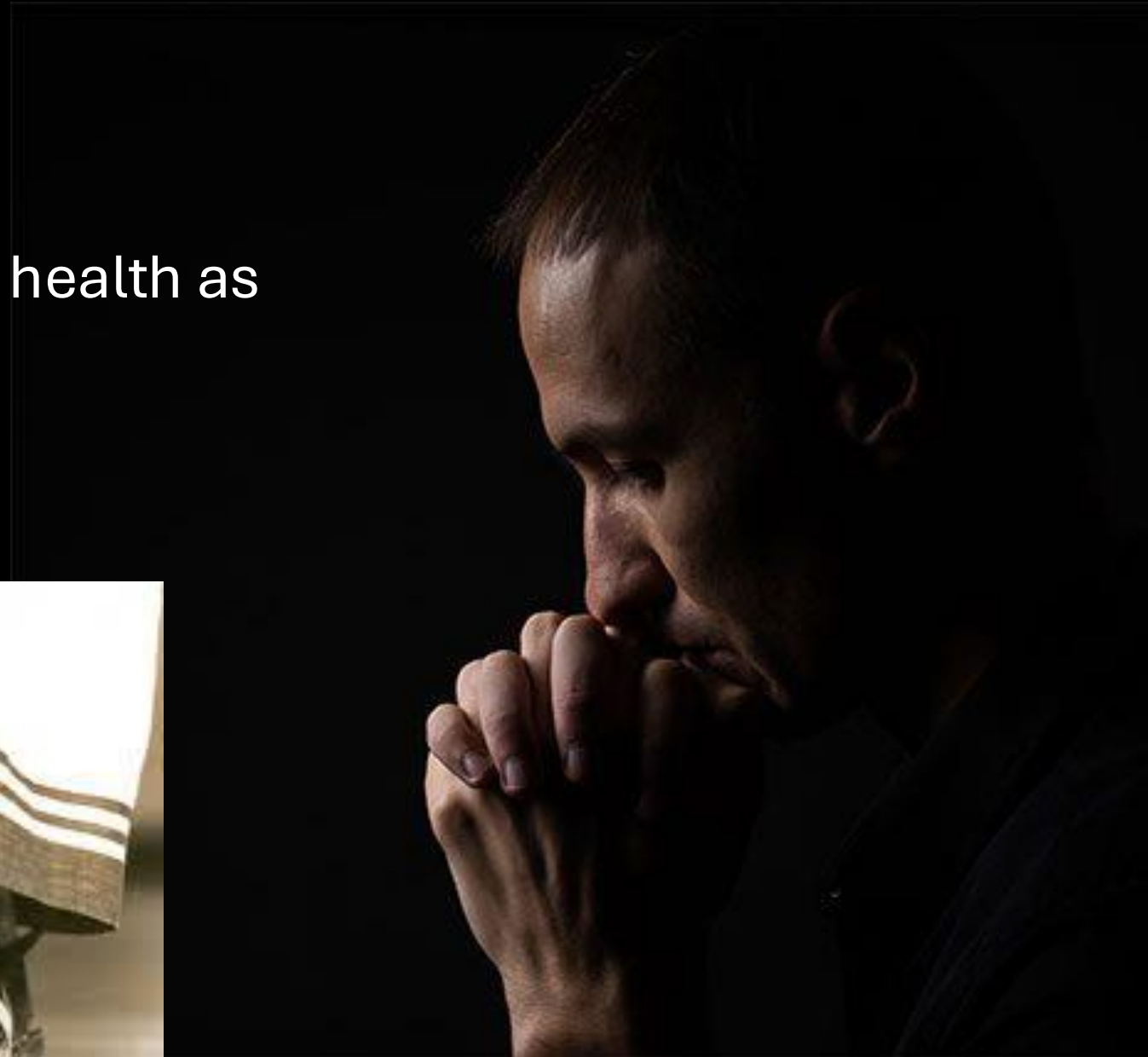
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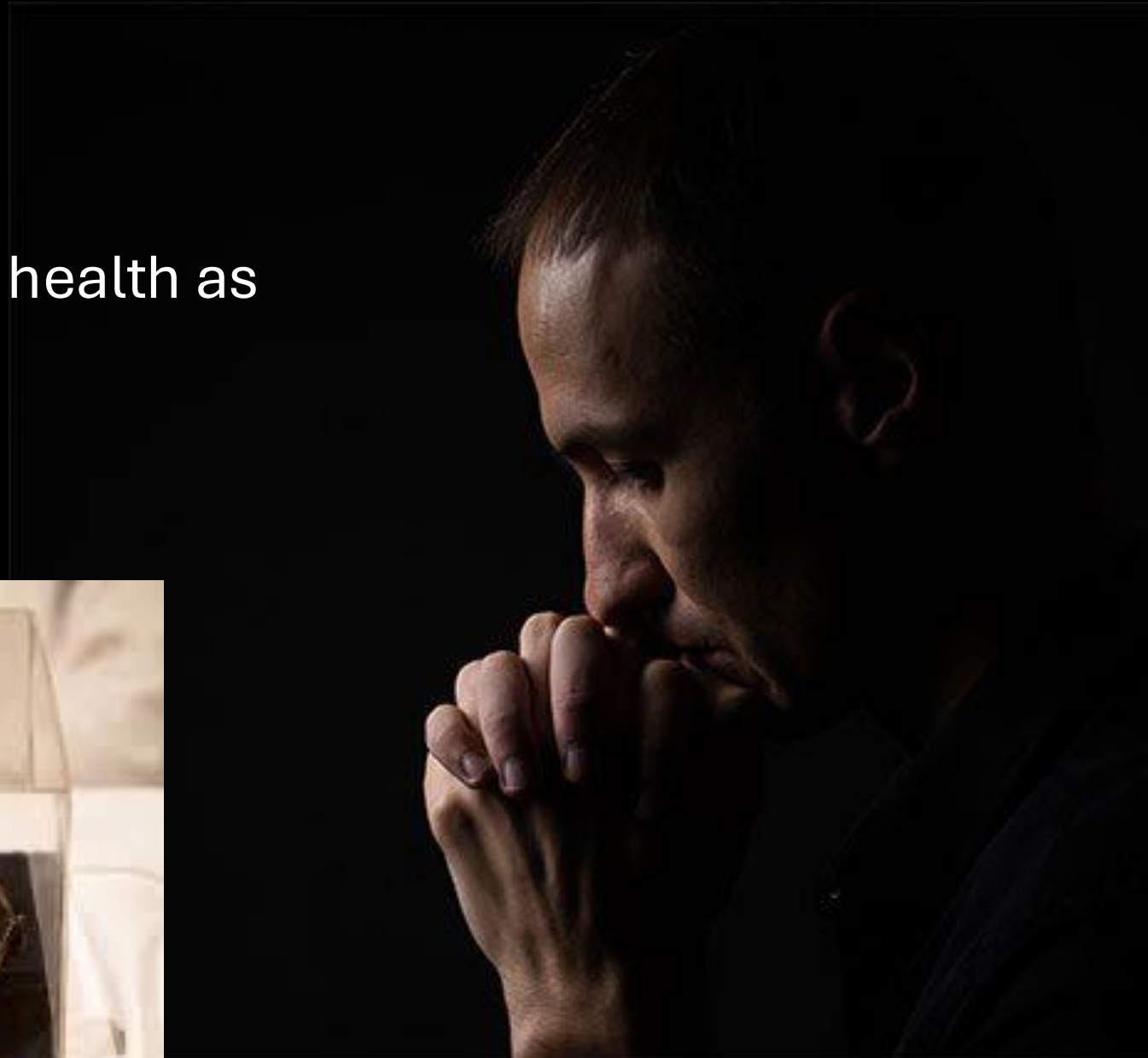
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The Health of a Leader

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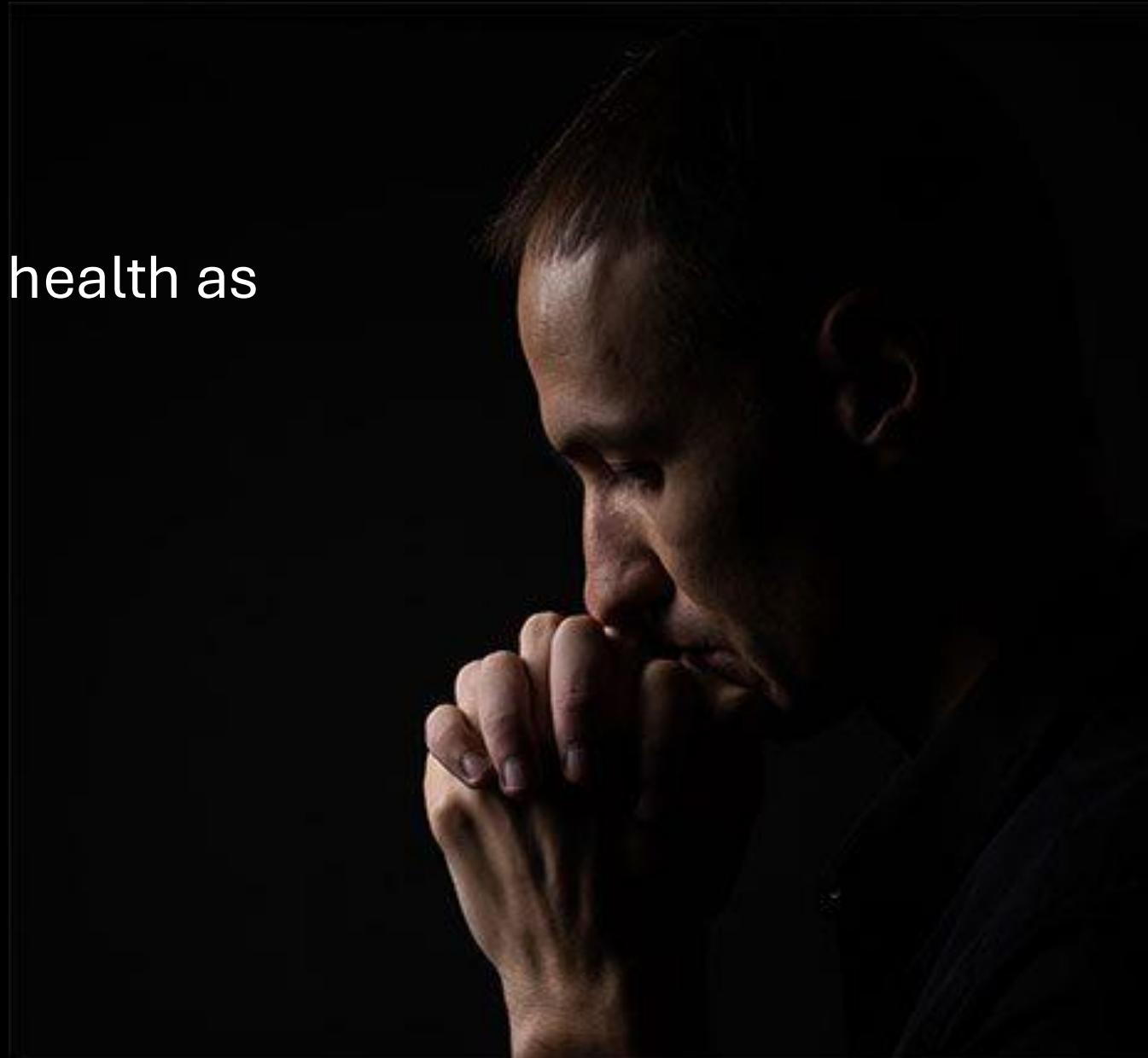
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The Health of a Leader

Three common myths about your health as a leader:

2. It is easy to stay healthy

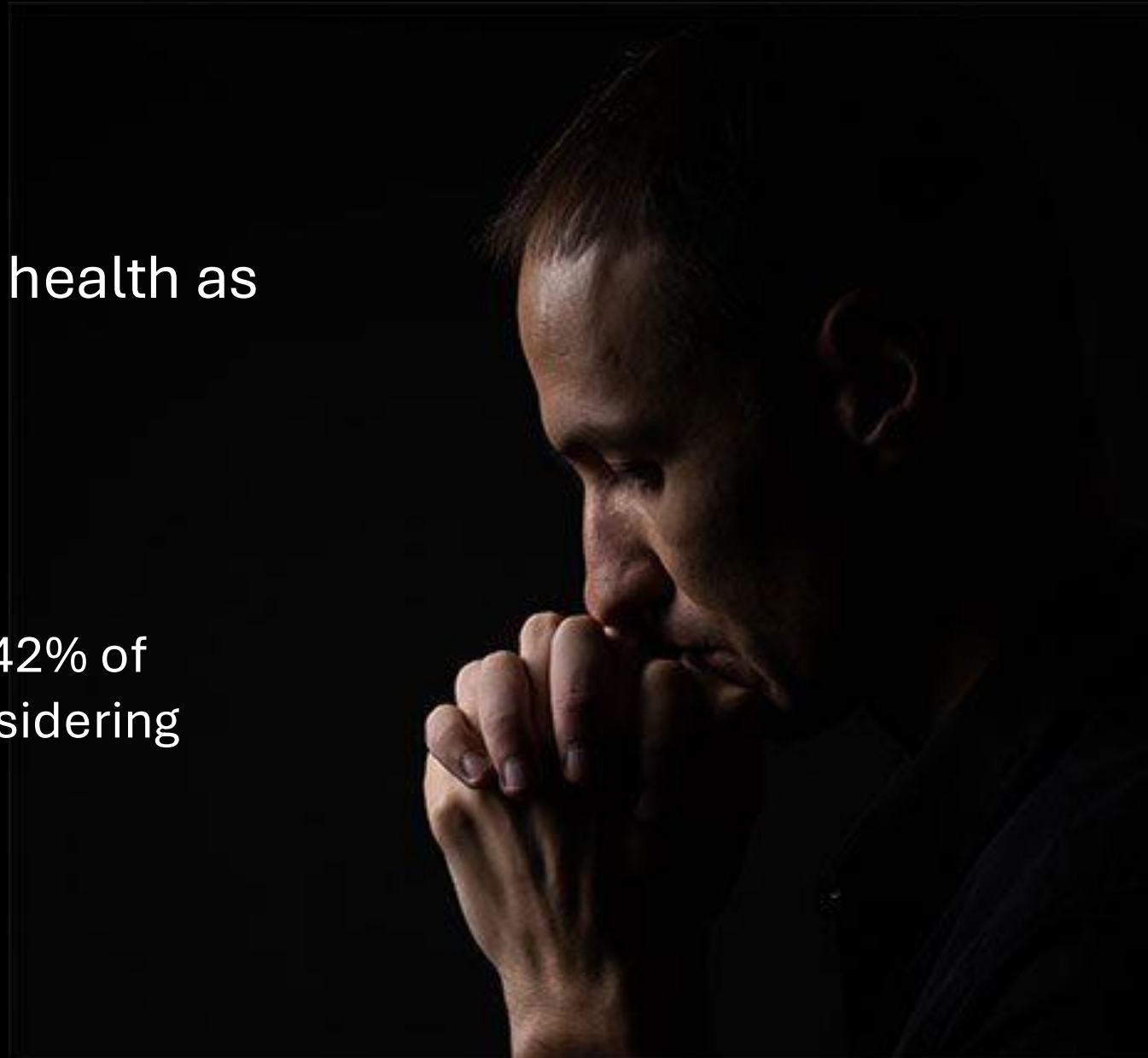


The Health of a Leader

Three common myths about your health as a leader:

2. It is easy to stay healthy

The Barna group reported in 2022 that 42% of evangelical pastors were seriously considering stepping away from full-time ministry.

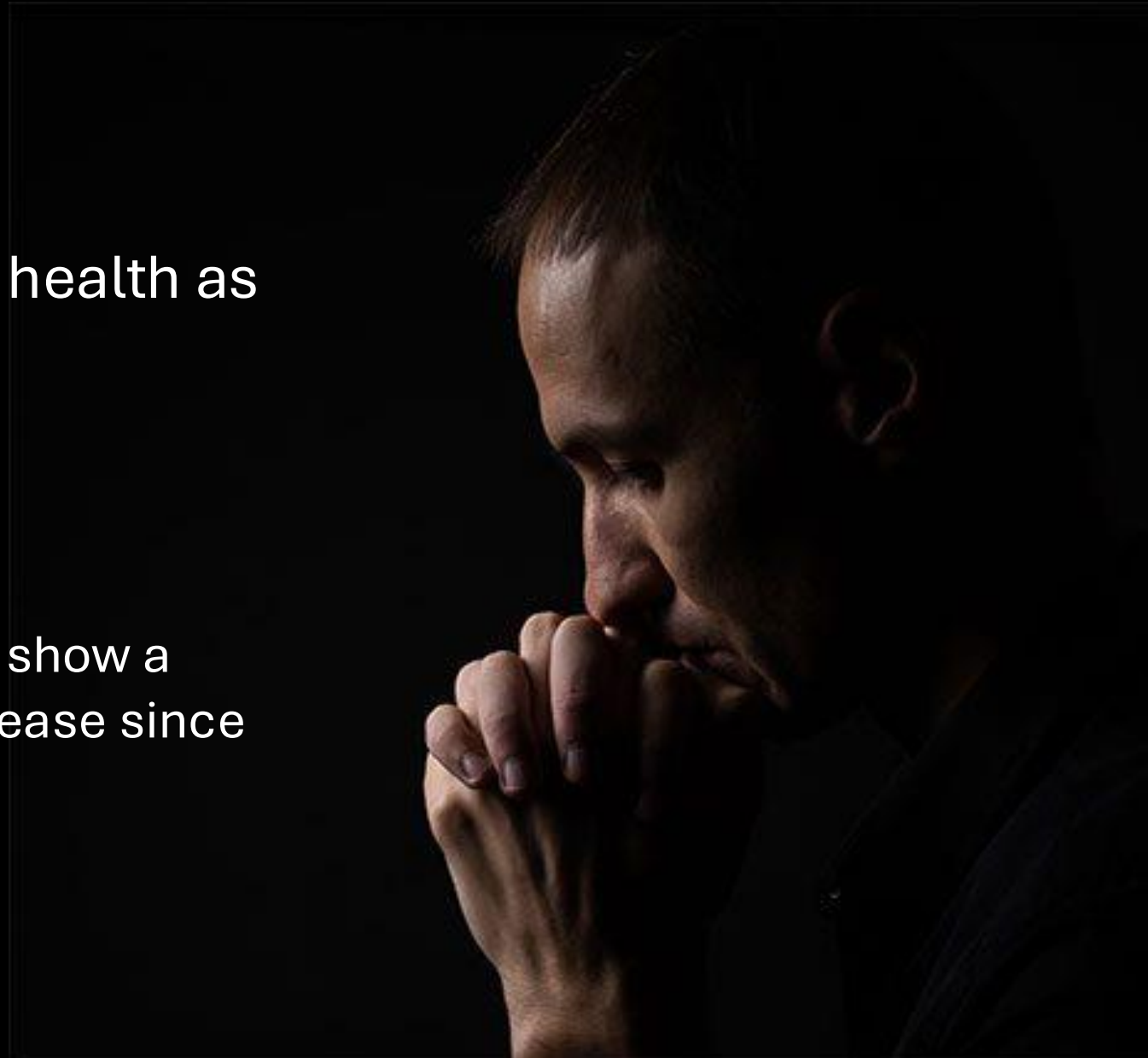


The Health of a Leader

Three common myths about your health as a leader:

2. It is easy to stay healthy

According to the same study, 40% now show a high risk of burnout. That's a 400% increase since 2015 .

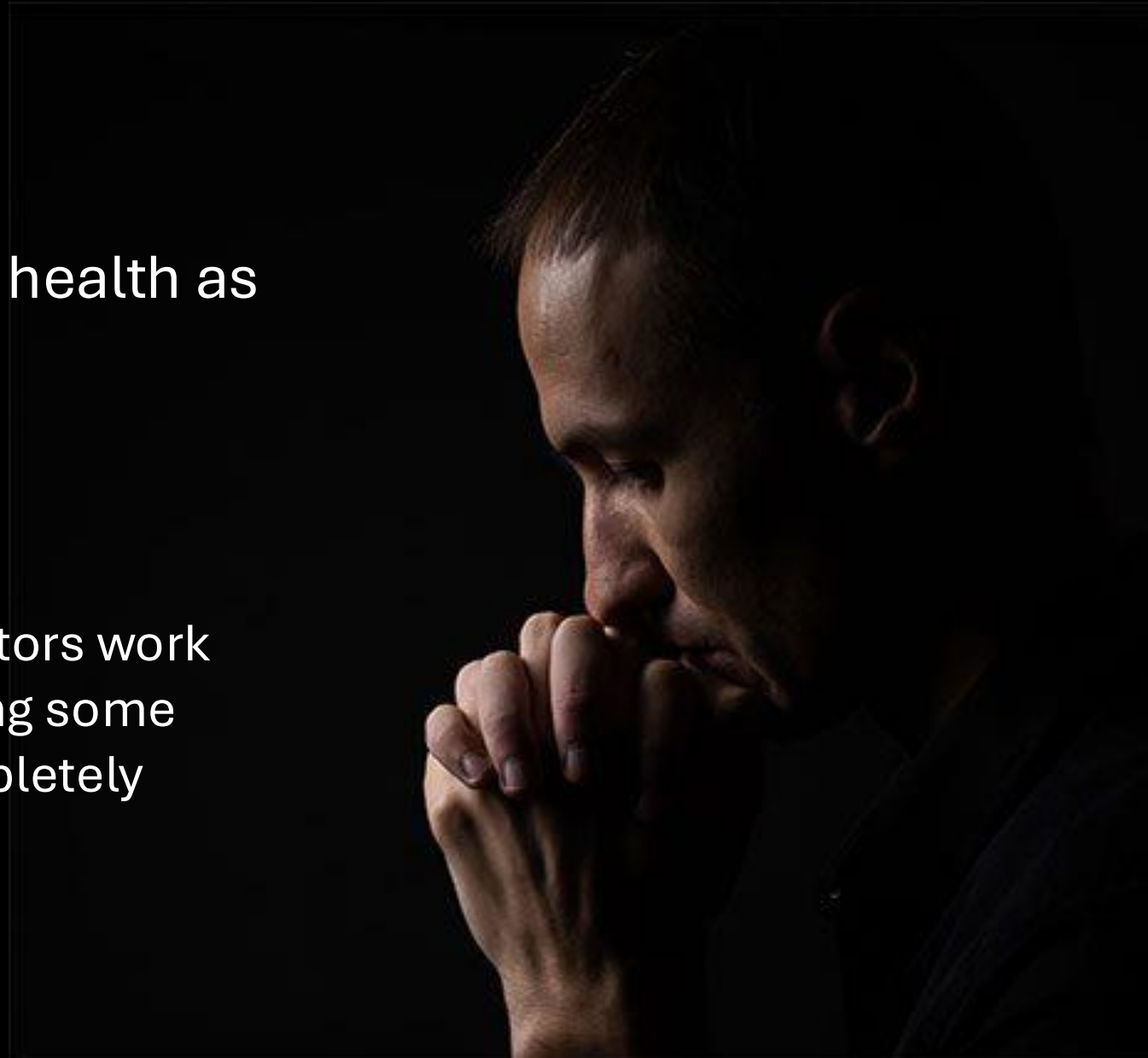


The Health of a Leader

Three common myths about your health as a leader:

2. It is easy to stay healthy

According to another study 90% of pastors work long hours, and 91% report experiencing some form of burnout, with 18% feeling completely exhausted.

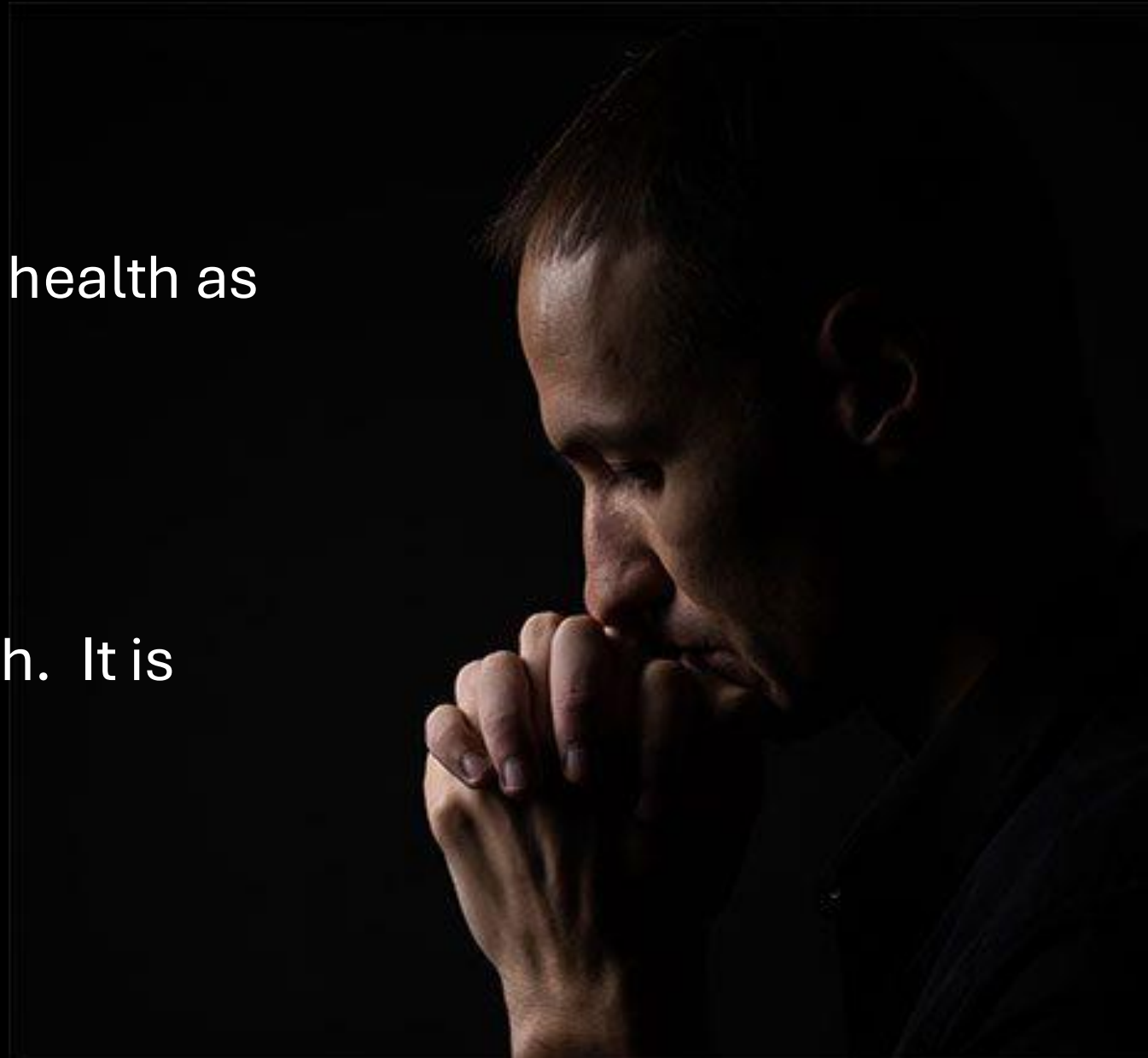


The Health of a Leader

Three common myths about your health as a leader:

2. It is easy to stay healthy

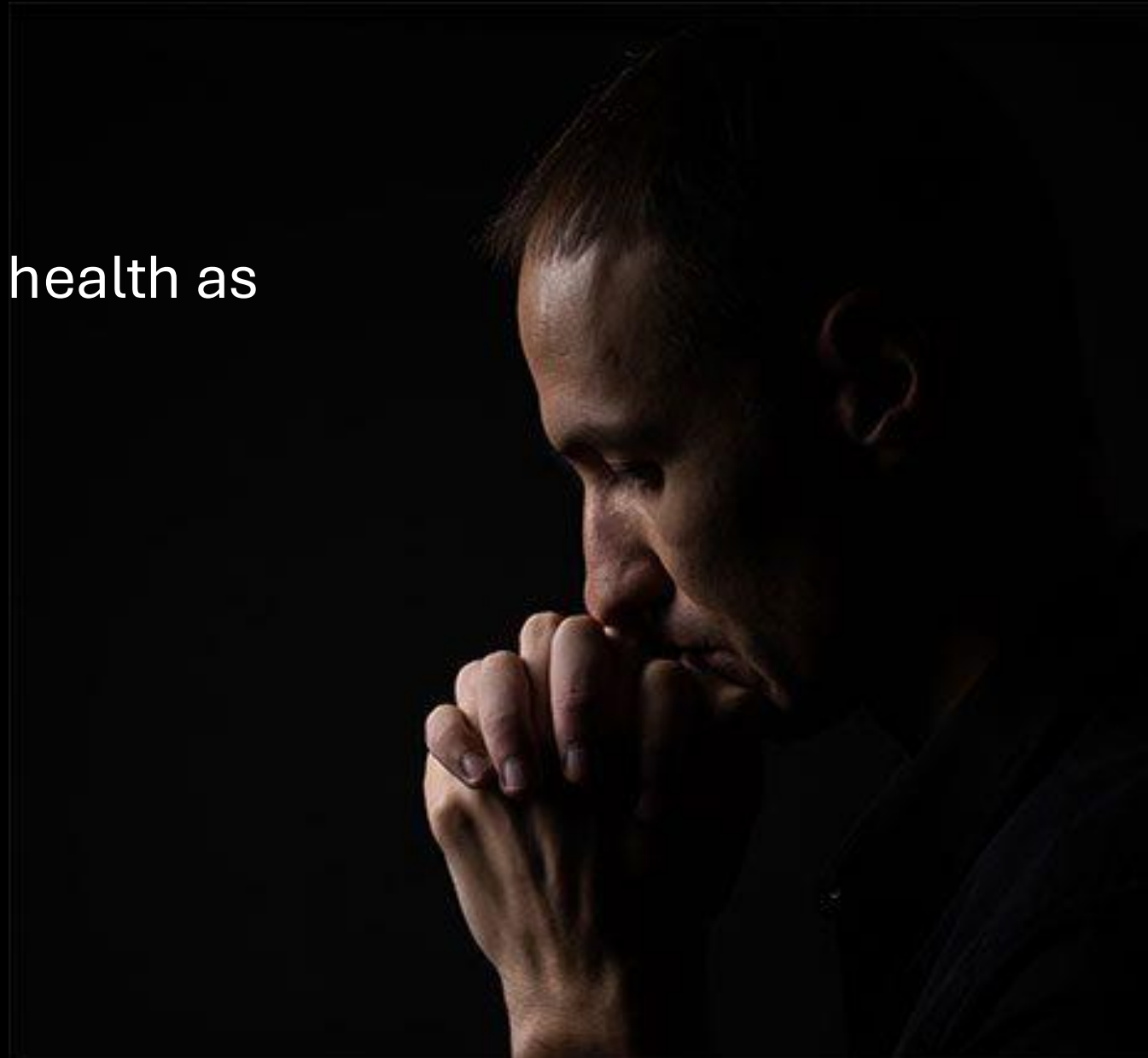
You need to fight for your health. It is not easy.



The Health of a Leader

Three common myths about your health as a leader:

3. Once you gain health, you will automatically retain it

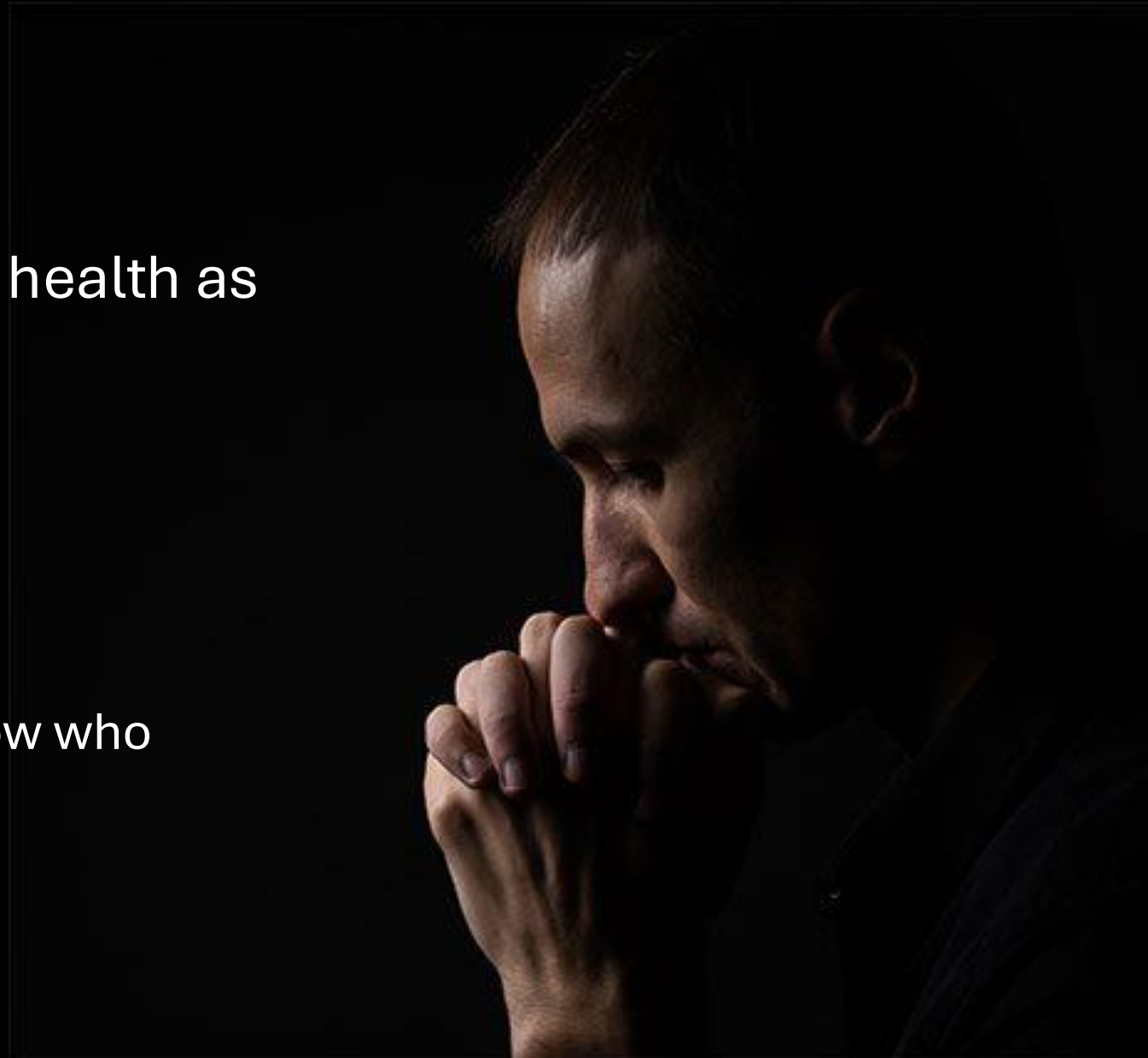


The Health of a Leader

Three common myths about your health as a leader:

3. Once you gain health, you will automatically retain it

How many great leaders do you know who have fallen?

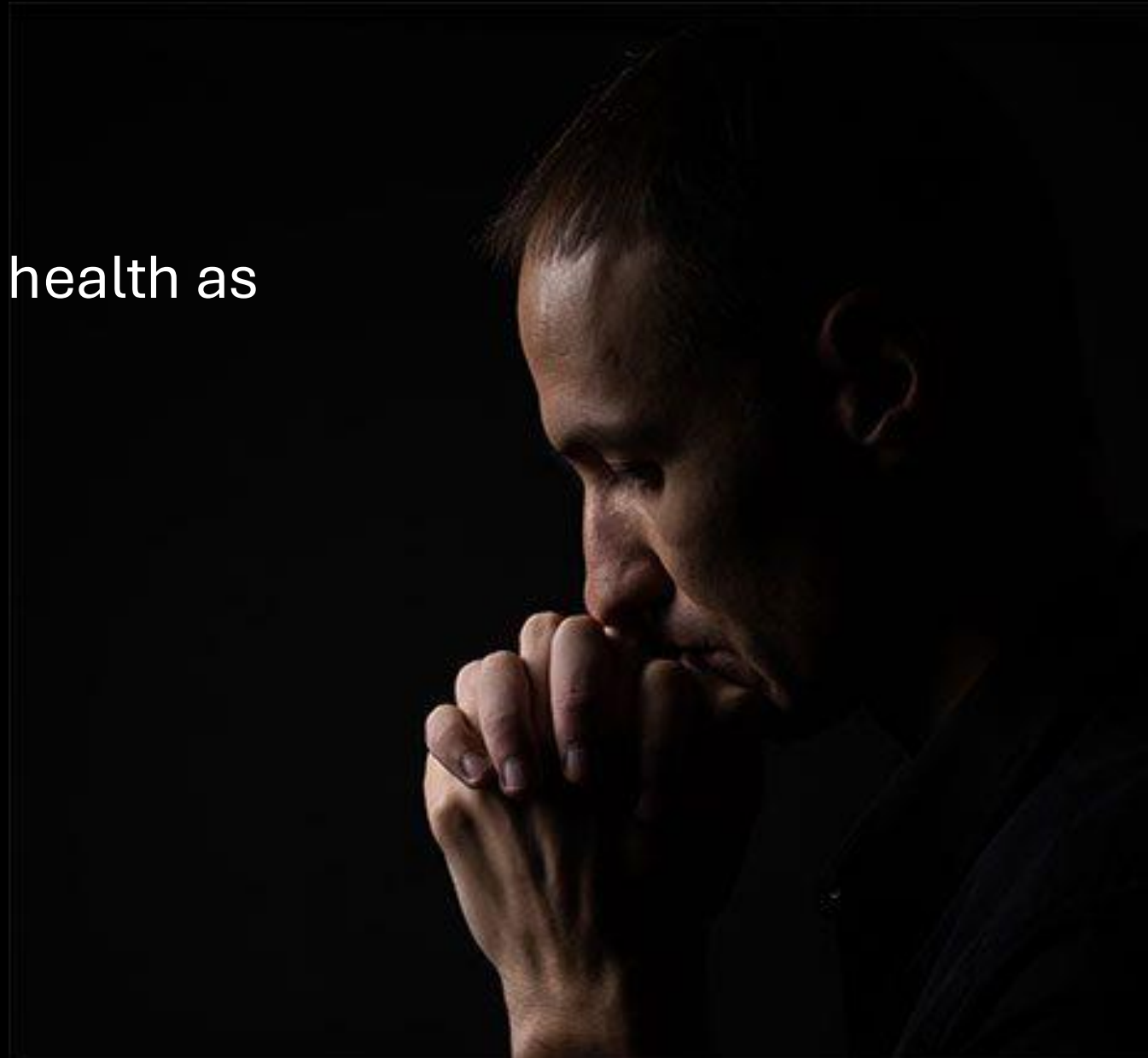


The Health of a Leader

Three common myths about your health as a leader:

3. Once you gain health, you will automatically retain it

Your health is under attack



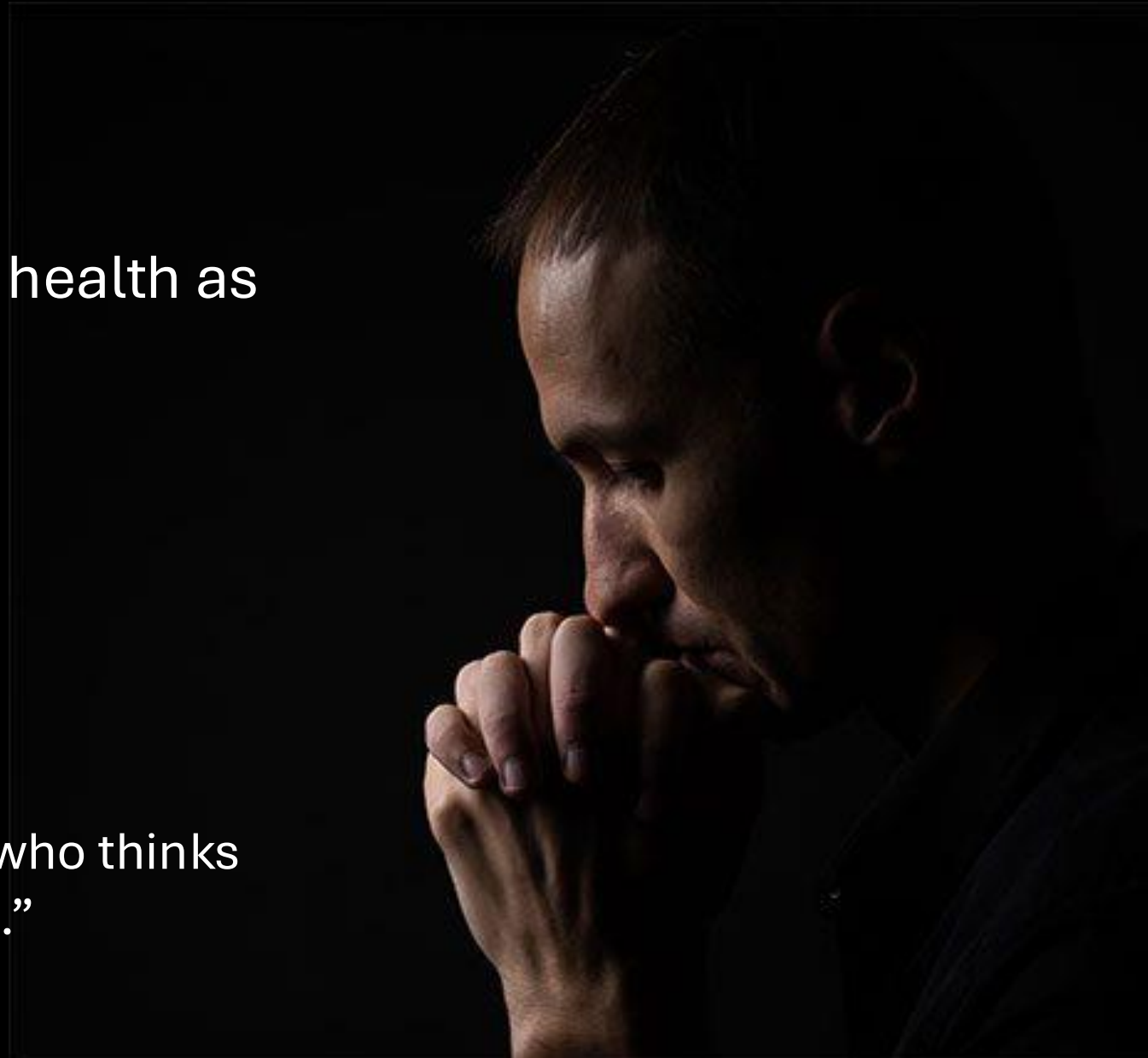
The Health of a Leader

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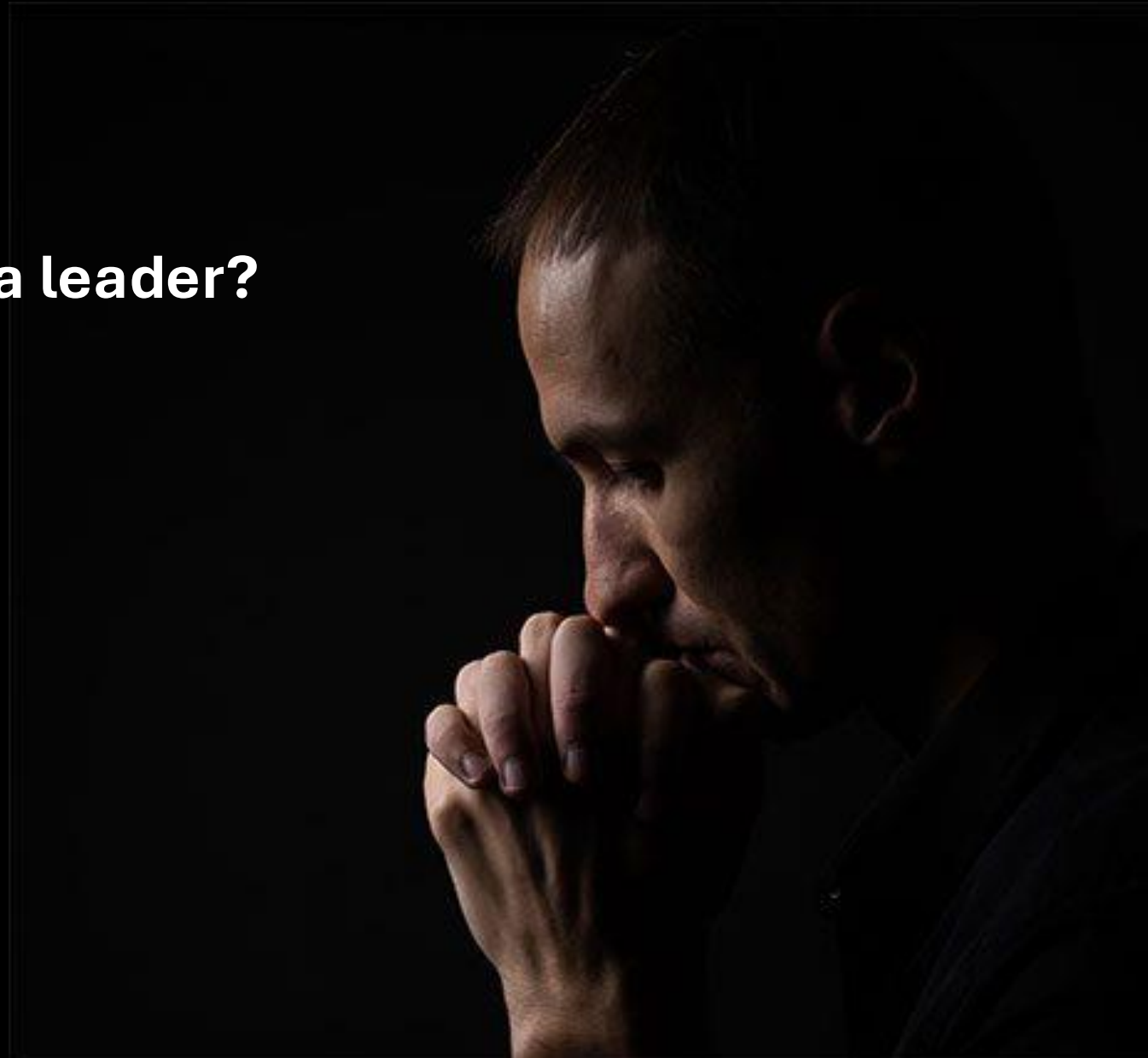
Your health is under attack

I Cor 10:12 – “Therefore let anyone who thinks that he stands take heed lest he fall.”



The Health of a Leader

What is God's desire for you as a leader?

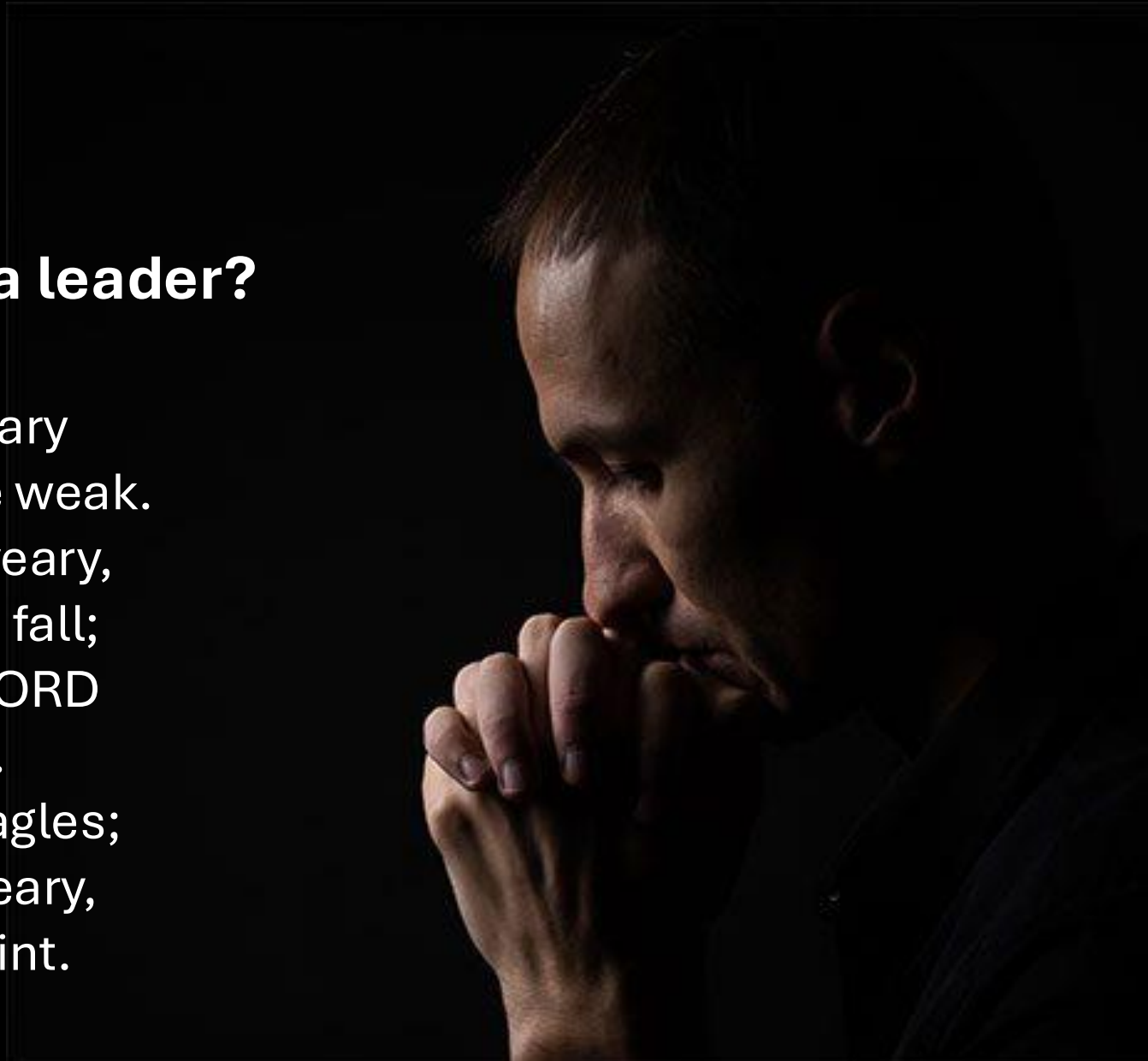


The Health of a Leader

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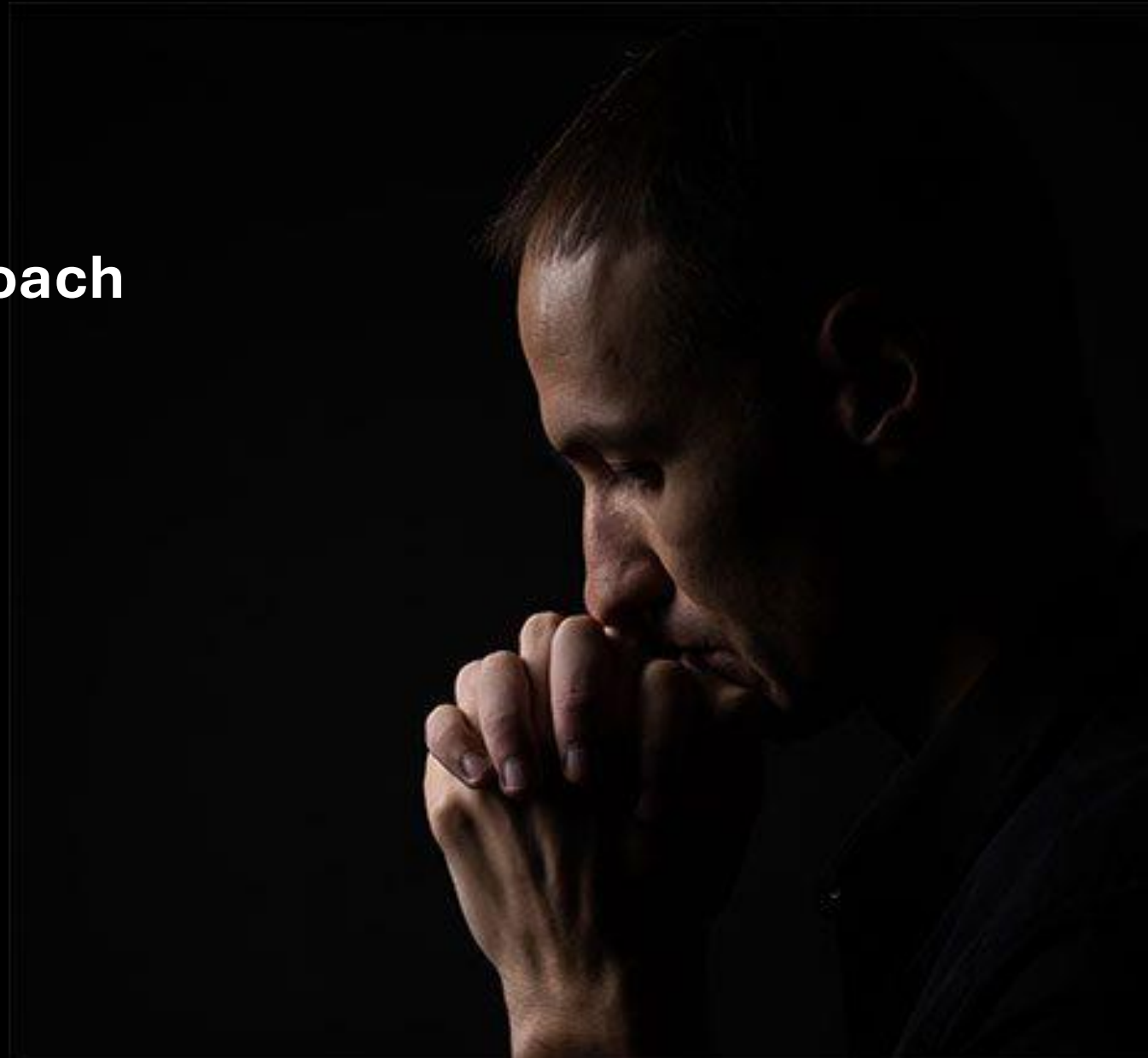
He gives strength to the weary
and increases the power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

Isaiah 40:29-31



The Health of a Leader

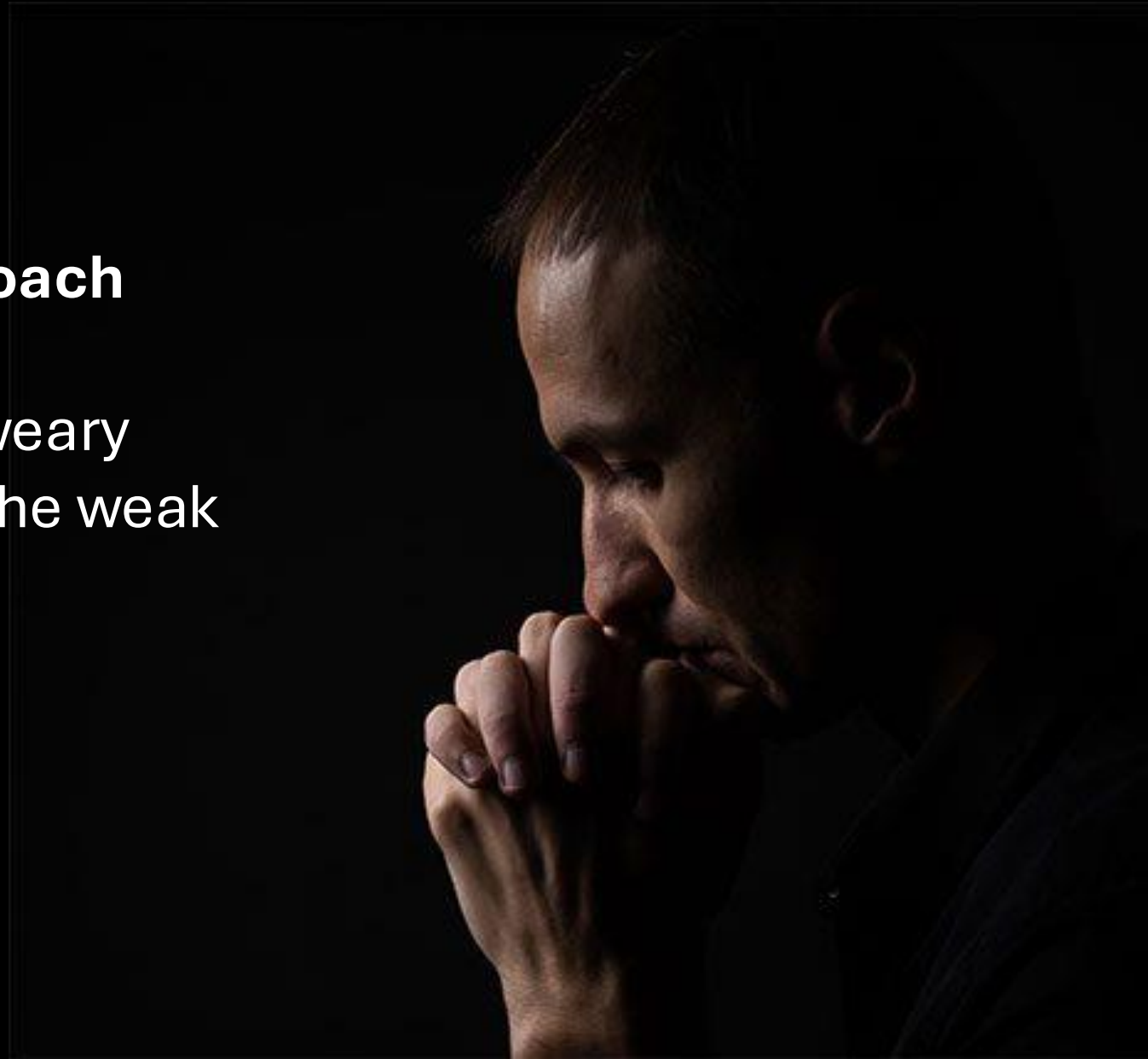
Instructions from your health coach



The Health of a Leader

Instructions from your health coach

He gives strength to the weary
and increases the power of the weak

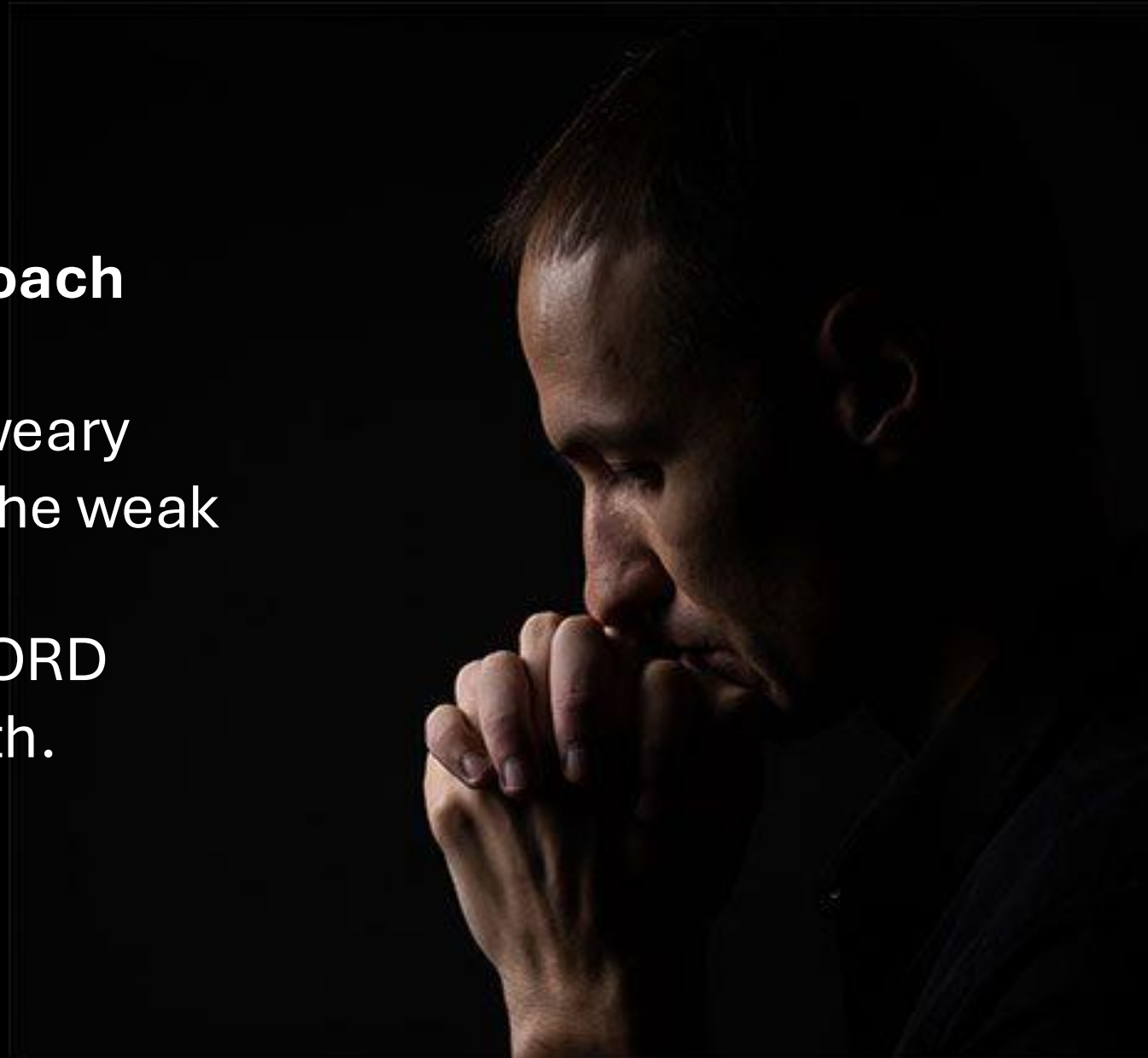


The Health of a Leader

Instructions from your health coach

He gives strength to the weary
and increases the power of the weak

those who hope in the LORD
will renew their strength.





The Health of a Leader

Instructions from your health coach:

I Kings 19



The Health of a Leader

Instructions from your health coach:





The Health of a Leader

Instructions from your health coach:

I Kings 19





The Health of a Leader

Instructions from your health coach:

1. Stop – and be honest – I Kings 19:1-4





The Health of a Leader

Instructions from your health coach:

1. Stop – and be honest – I Kings 19:1-4
 - about your **relational pain**





The Health of a Leader

Instructions from your health coach:

1. Stop – and be honest – I Kings 19:1-4
 - about your **relational pain**
 - about your **negative emotions**





The Health of a Leader

Instructions from your health coach:

1. Stop – and be honest – I Kings 19:1-4
 - about your **relational pain**
 - about your **negative emotions**
 - about your **discouragement**



The Health of a Leader

Instructions from your health coach:

1. Stop – and be honest – I Kings 19:1-4
 - about your **relational pain**
 - about your **negative emotions**
 - about your **discouragement**
 - about your **view of yourself**

Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep





Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep

"Fatigue makes cowards of us all"
General George Patton

Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink

"Water is the most neglected nutrient in your diet, but one of the most vital."



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink

"Pure water is the world's first and foremost medicine."



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink

"Thousands have lived without love, not one without water"



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink
- Exercise





Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink
- Exercise

"We do not stop exercising because we grow old – we grow old because we stop exercising."

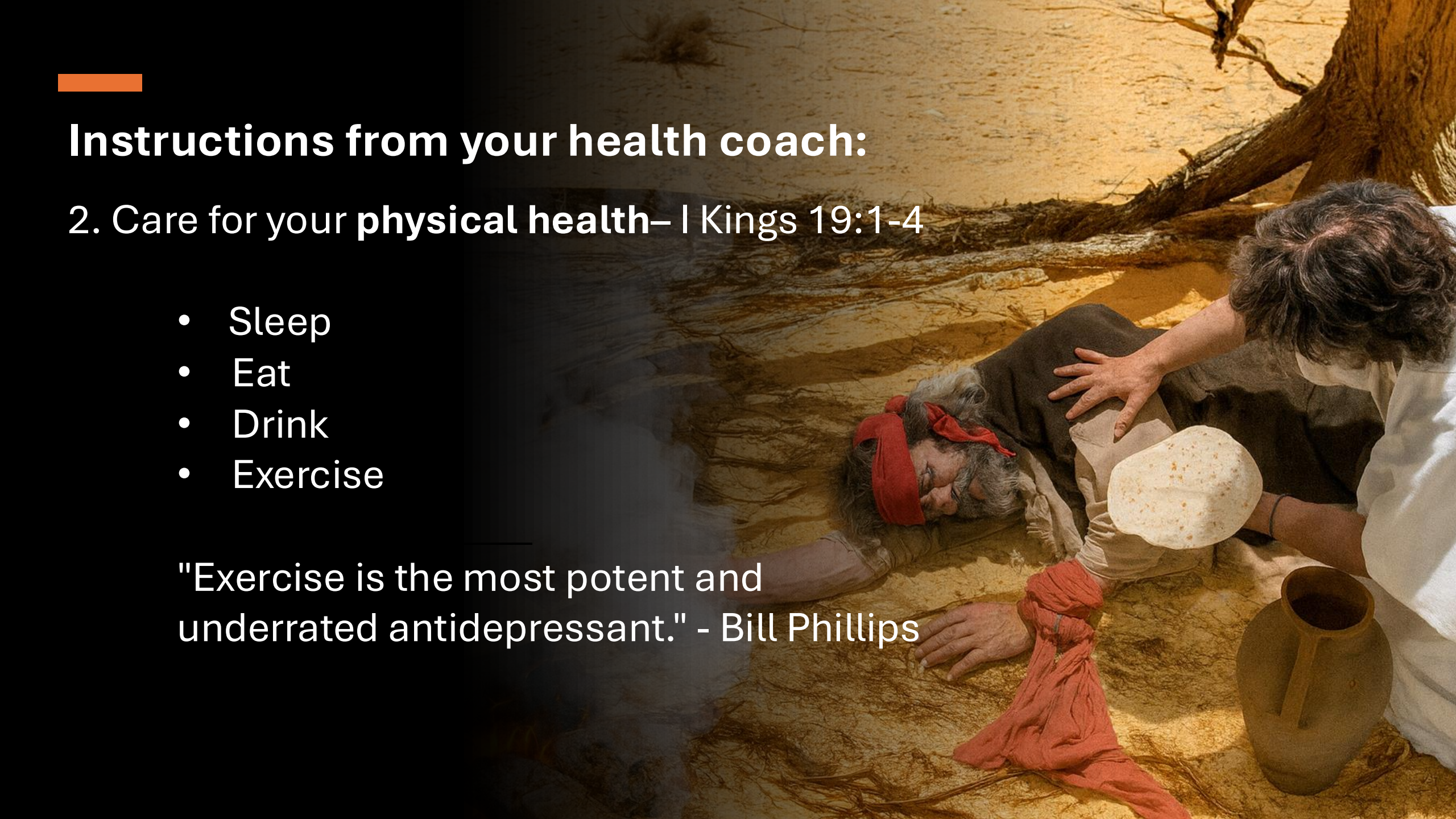
Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink
- Exercise

"If you don't make time for exercise, you will probably have to make time for illness."





Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink
- Exercise

"Exercise is the most potent and underrated antidepressant." - Bill Phillips



Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
- Drink
- Exercise

"Physical activity is 1.5 times more effective at reducing mild-to-moderate symptoms of depression, psychological stress and anxiety than medication or cognitive behavior therapy."

Instructions from your health coach:

2. Care for your **physical health**– I Kings 19:1-4

- Sleep
- Eat
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- Exercise





Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14



Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14



Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14



Where do you go to have
longer conversations with
God?



Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14

Elijah's complaint – vs 10



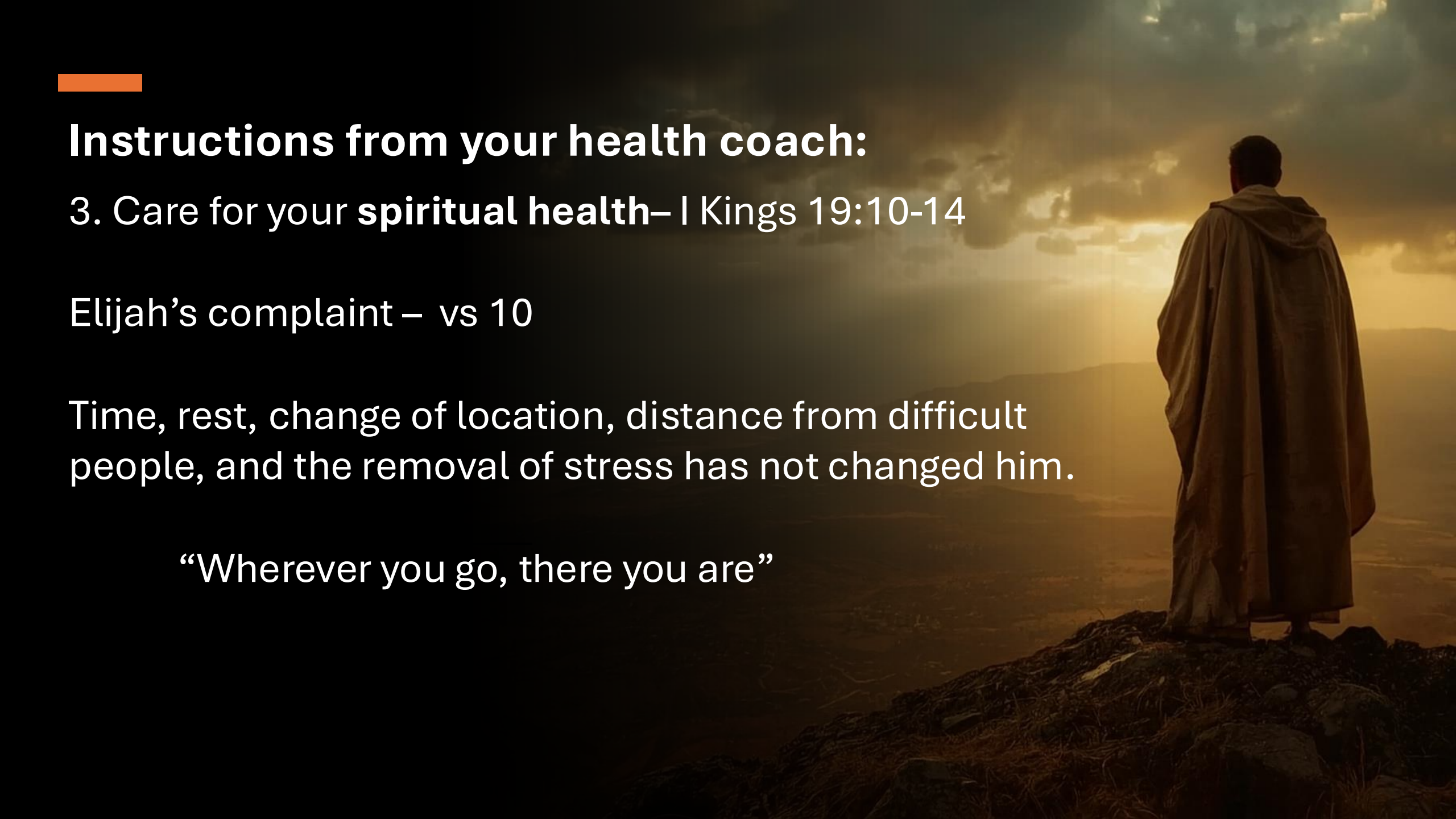


Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14

Elijah's complaint – vs 10

Time, rest, change of location, distance from difficult people, and the removal of stress has not changed him.



Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14

Elijah's complaint – vs 10

Time, rest, change of location, distance from difficult people, and the removal of stress has not changed him.

“Wherever you go, there you are”

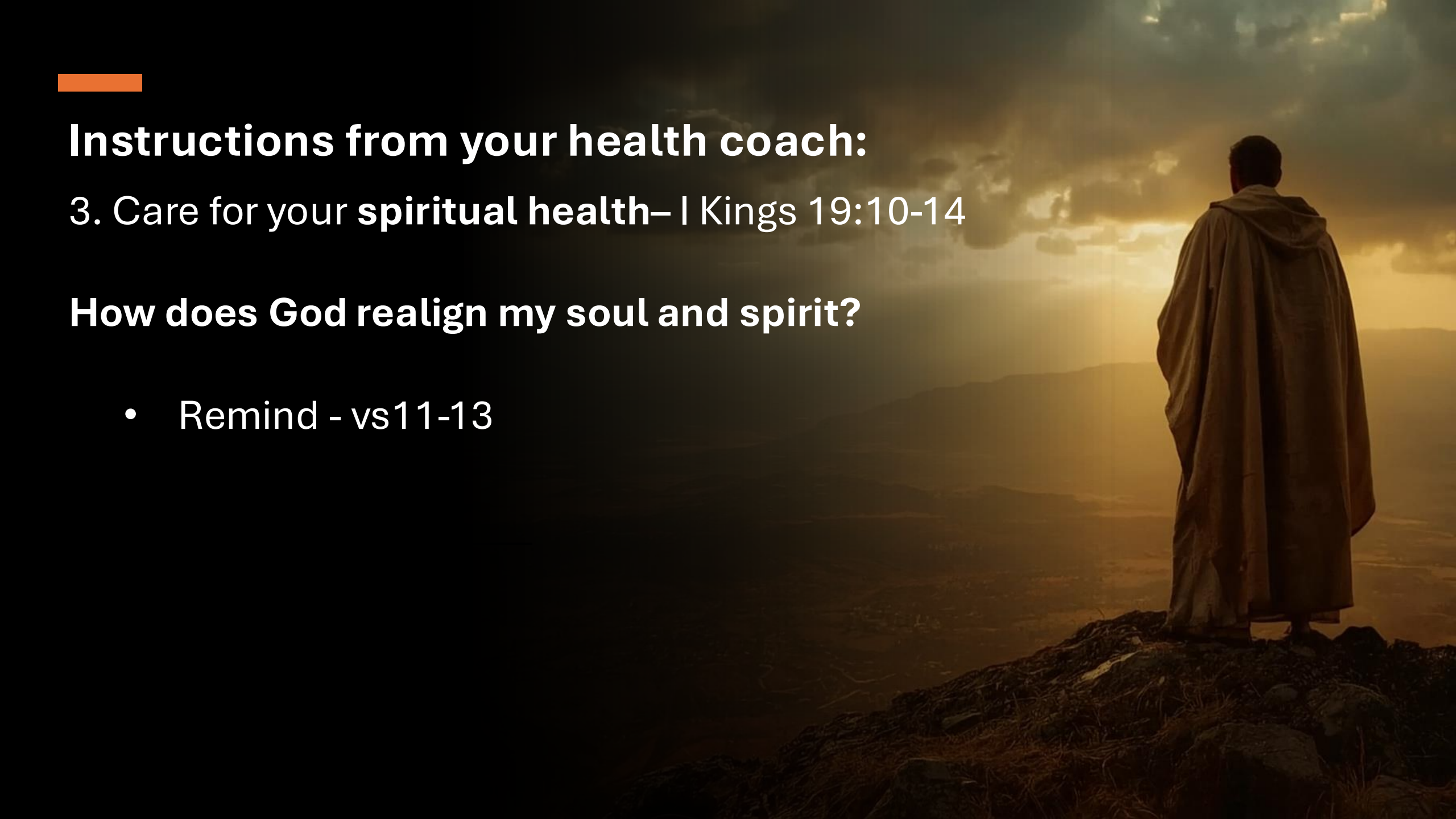


Instructions from your health coach:

3. Care for your spiritual health– I Kings 19:10-14

How does God realign my soul and spirit?



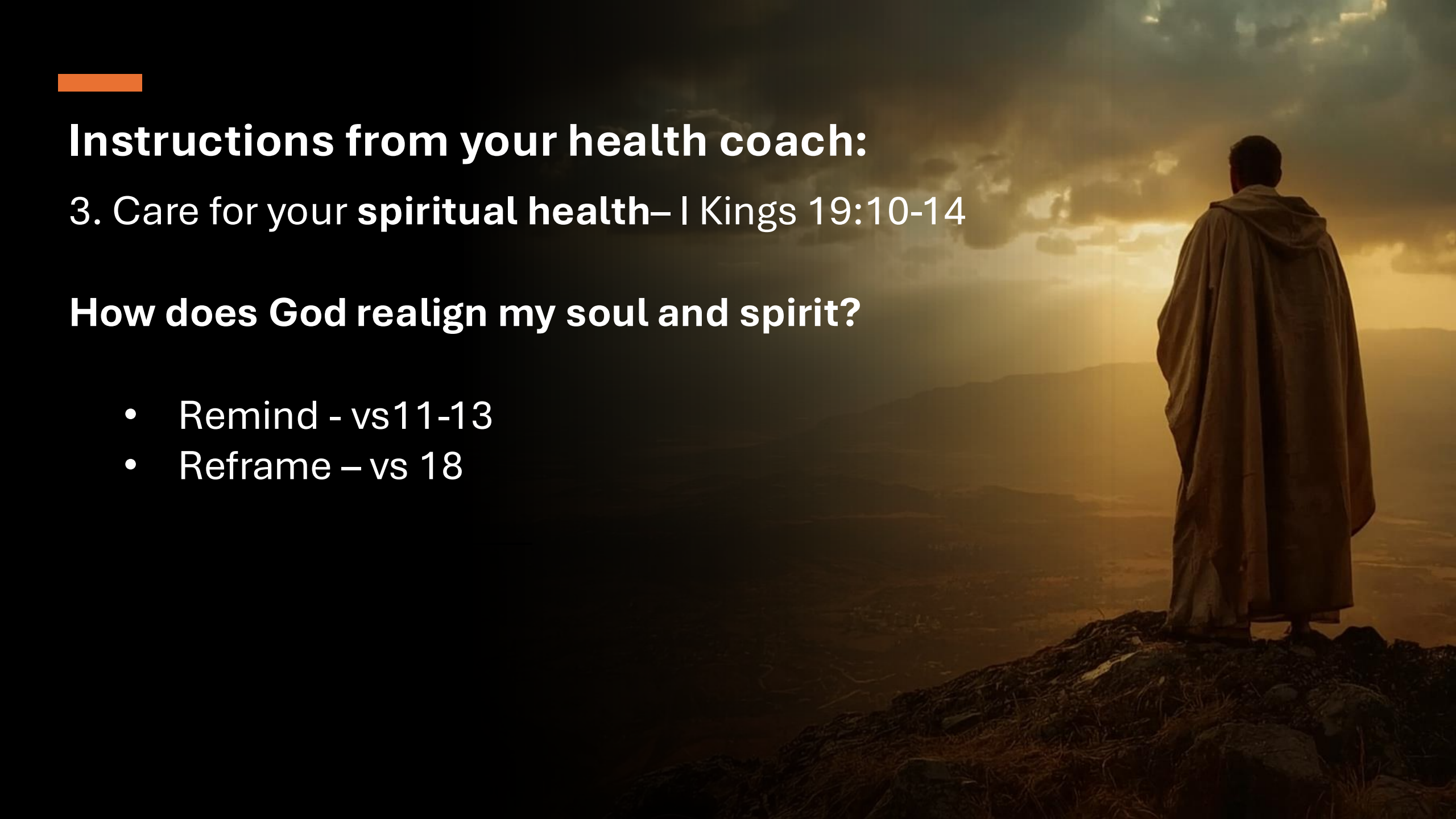


Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14

How does God realign my soul and spirit?

- Remind - vs11-13



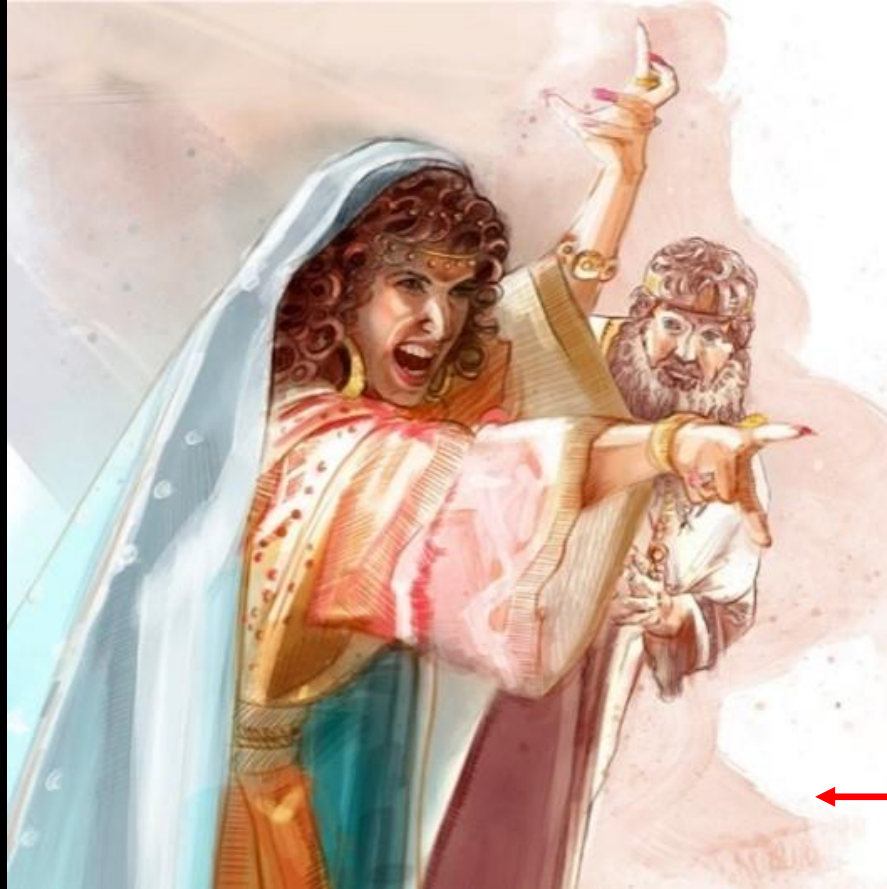
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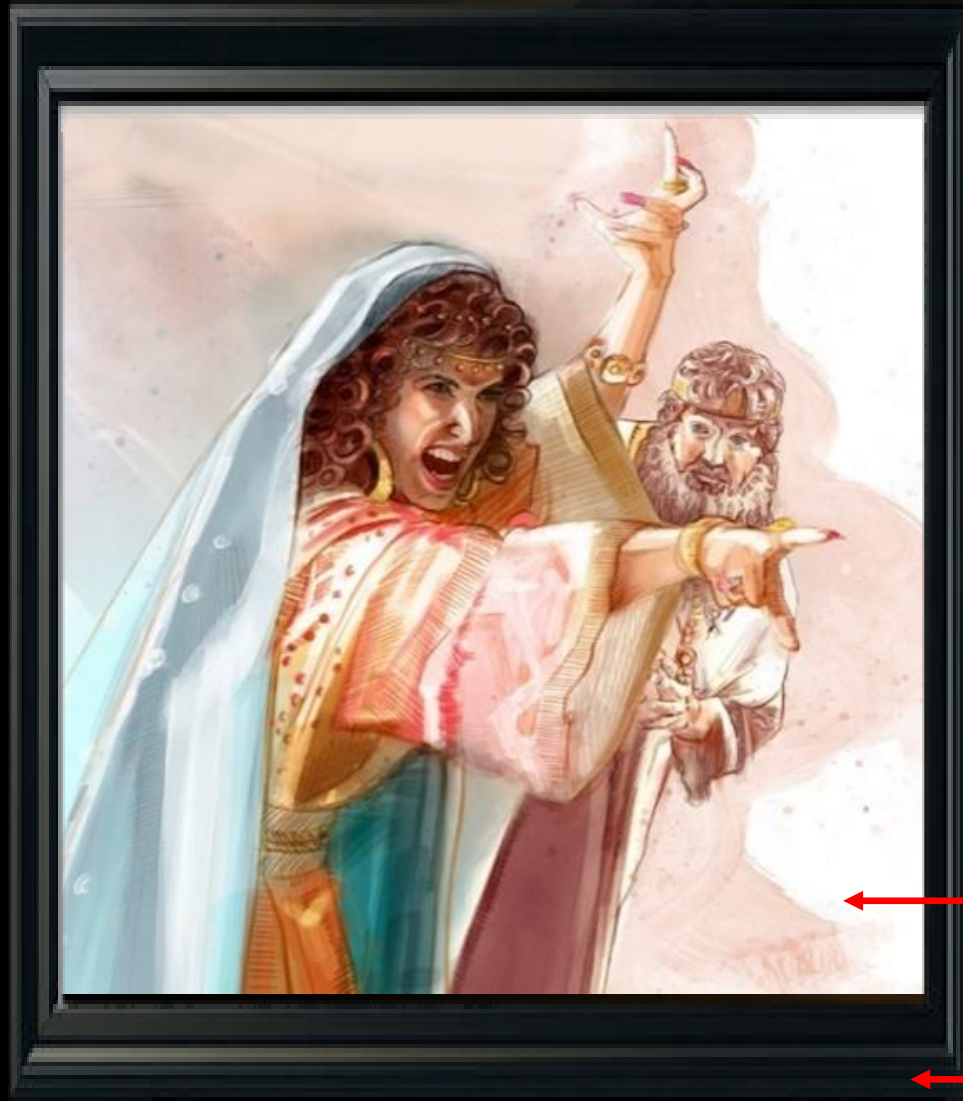
How does God realign my soul and spirit?

- Remind - vs11-13
- Reframe – vs 18





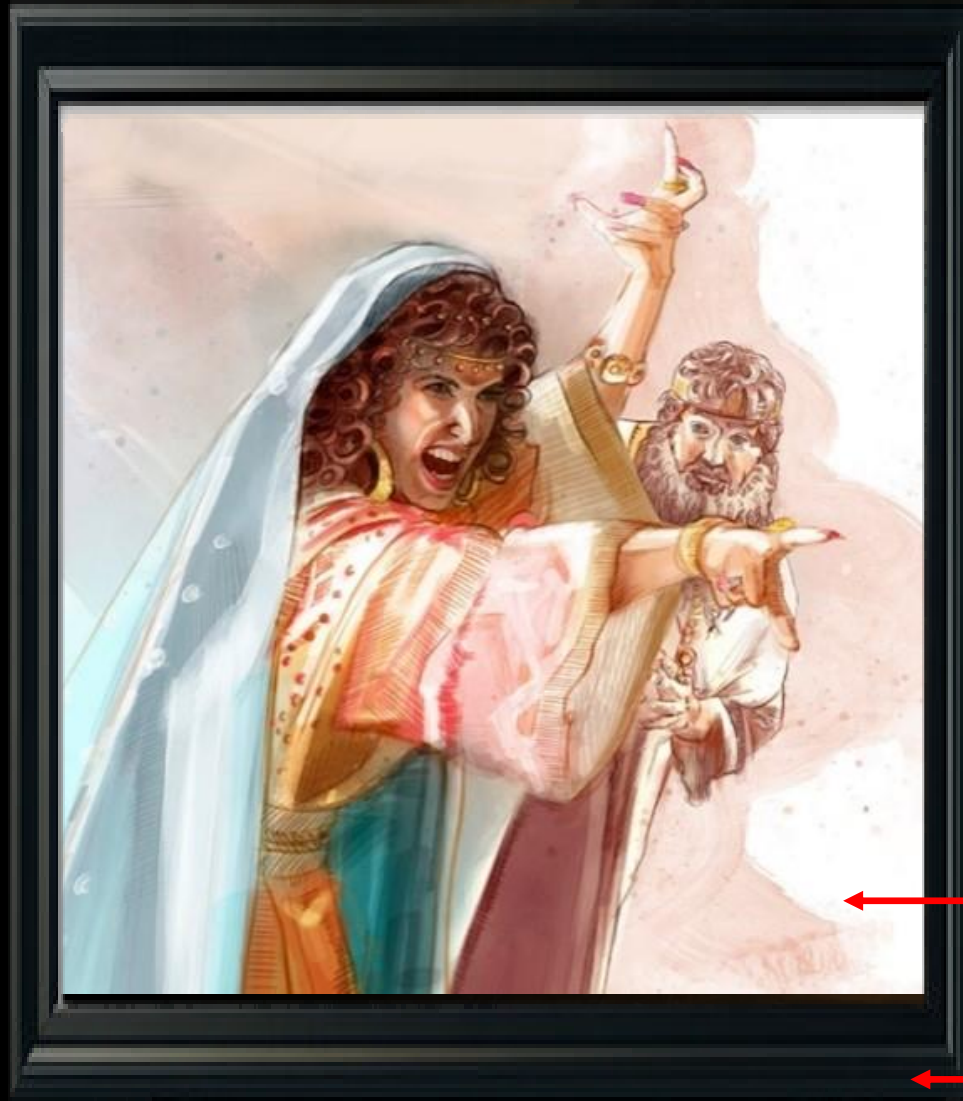
What is happening



What is happening

My frame for interpreting
what is happening

“I am the only
one left, and
now they are
trying to kill
me too.”



What is happening

My frame for interpreting
what is happening

Reframe



What is happening

My frame for interpreting
what is happening

Reframe

God is...
Active
Powerful
In control
Gentle
Personal
He has a plan



What is happening

My frame for interpreting
what is happening



What is happening
to you

Your frame for interpreting
what is happening

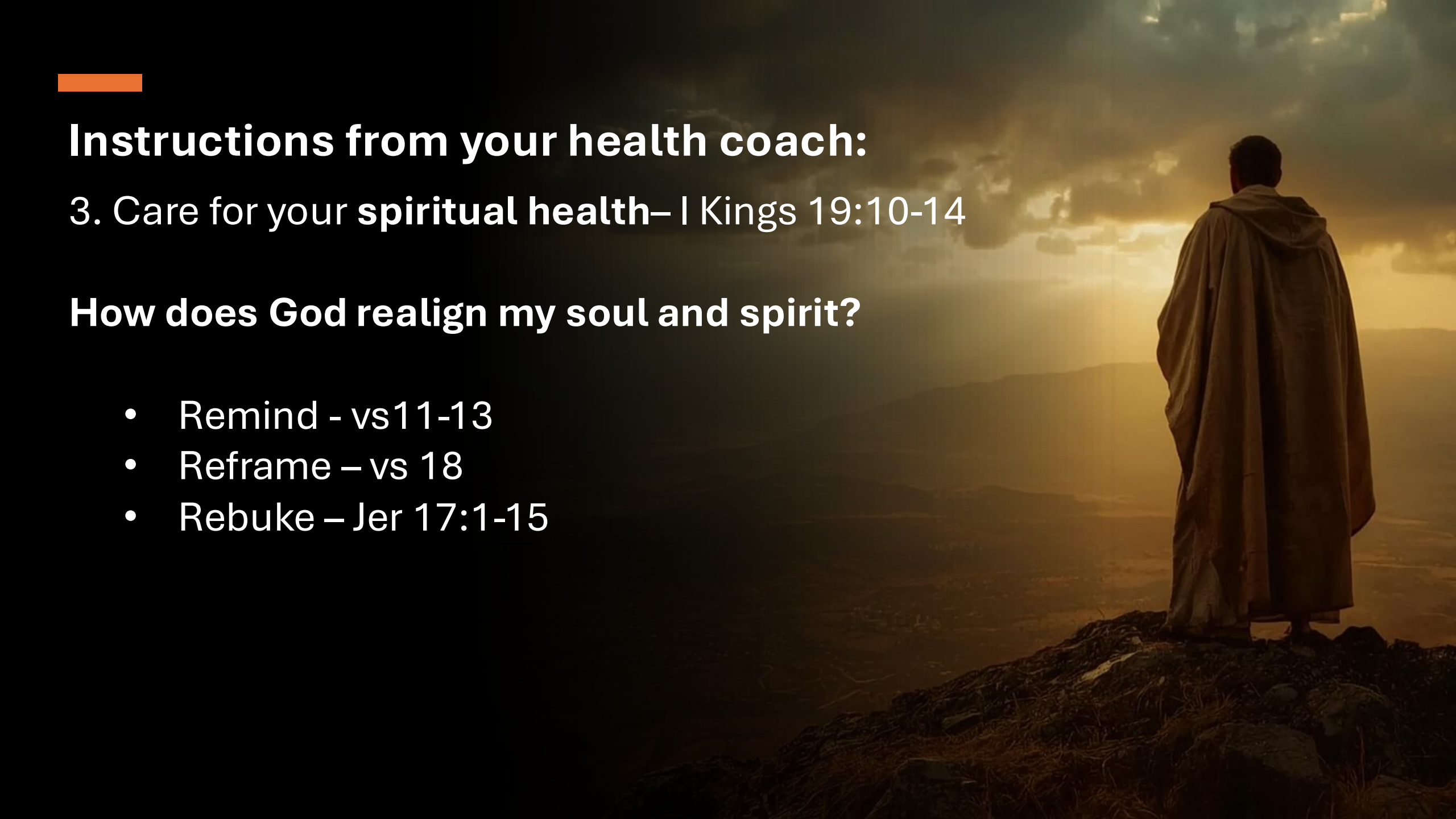
Reframe

Romans
8:28-32



What is happening
to you

Your frame for interpreting
what is happening

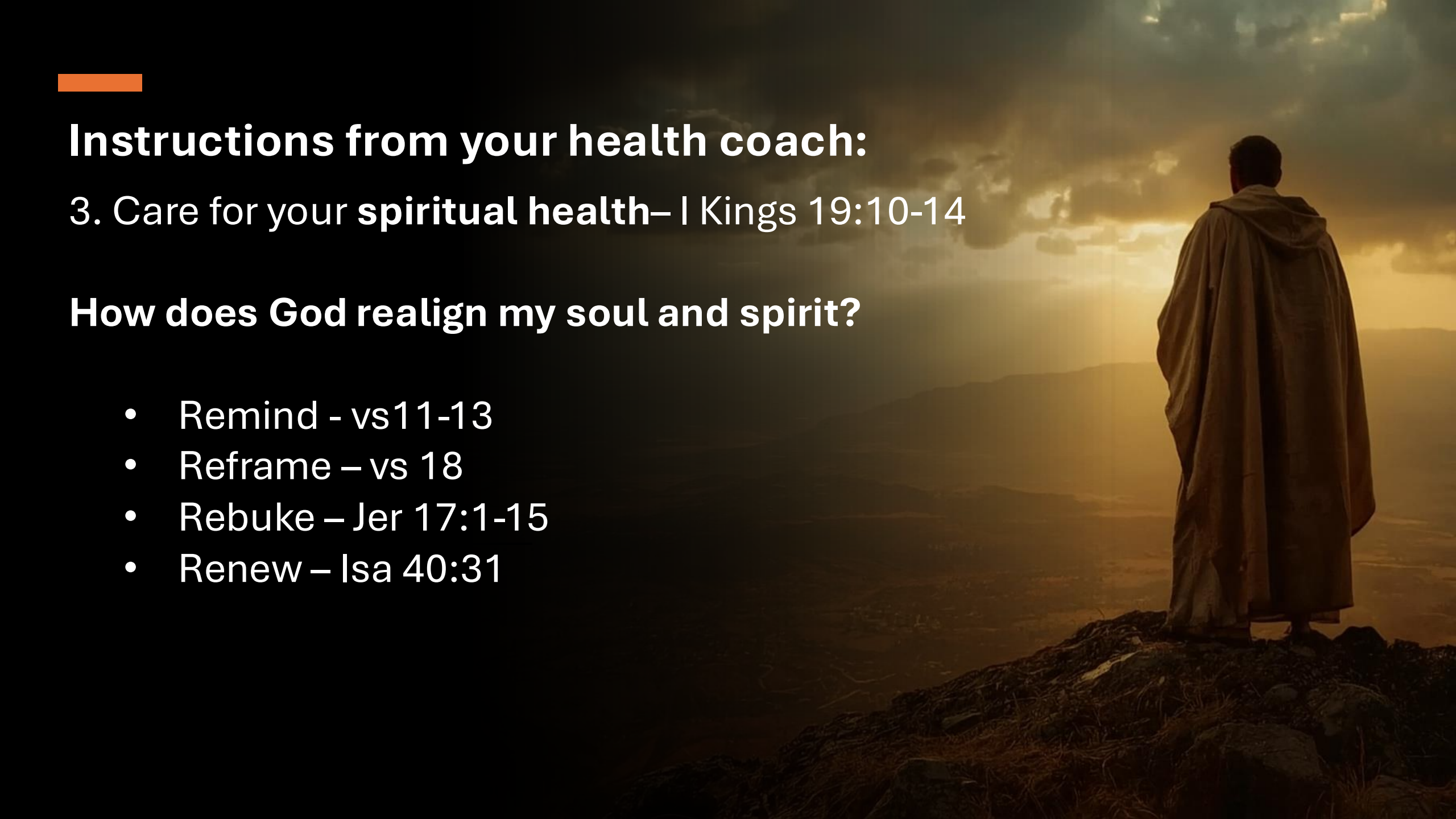


Instructions from your health coach:

3. Care for your **spiritual health**– I Kings 19:10-14

How does God realign my soul and spirit?

- Remind - vs11-13
- Reframe – vs 18
- Rebuke – Jer 17:1-15



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How does God realign my soul and spirit?

- Remind - vs11-13
- Reframe – vs 18
- Rebuke – Jer 17:1-15
- Renew – Isa 40:31



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How does God realign my soul and spirit?

- Remind - vs11-13
- Reframe – vs 18
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- Renew – Isa 40:31

Vertical alignment



Instructions from your health coach:

4. **Work** in a healthy way— I Kings 19:15-18





Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Focus on your unique instructions



Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Focus on your unique instructions
- Empower others



Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Focus on your unique instructions
- Empower others
- Work as a team



Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Follow the rhythms of your Father – John 5:17

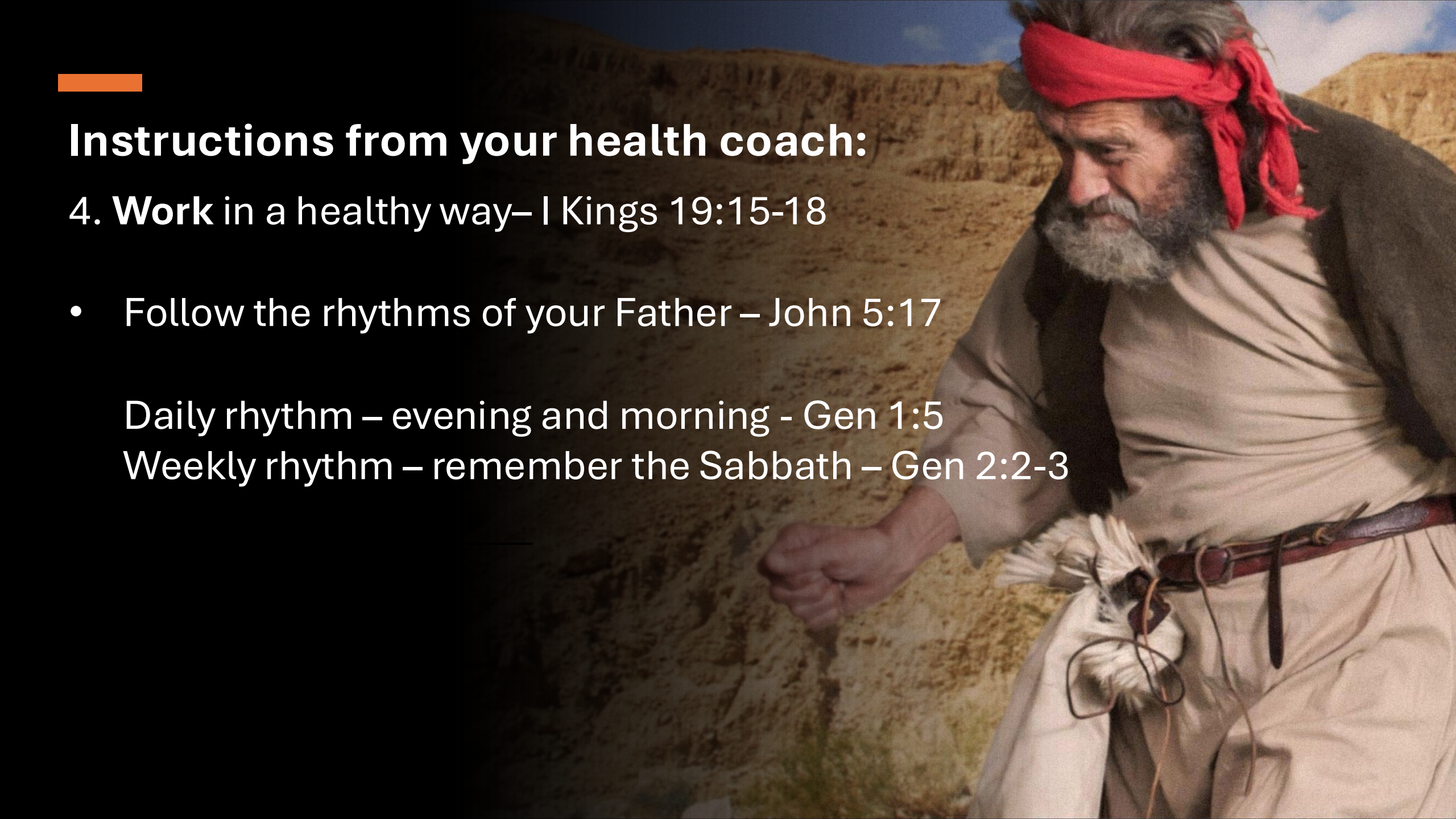


Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Follow the rhythms of your Father – John 5:17

Daily rhythm – evening and morning - Gen 1:5



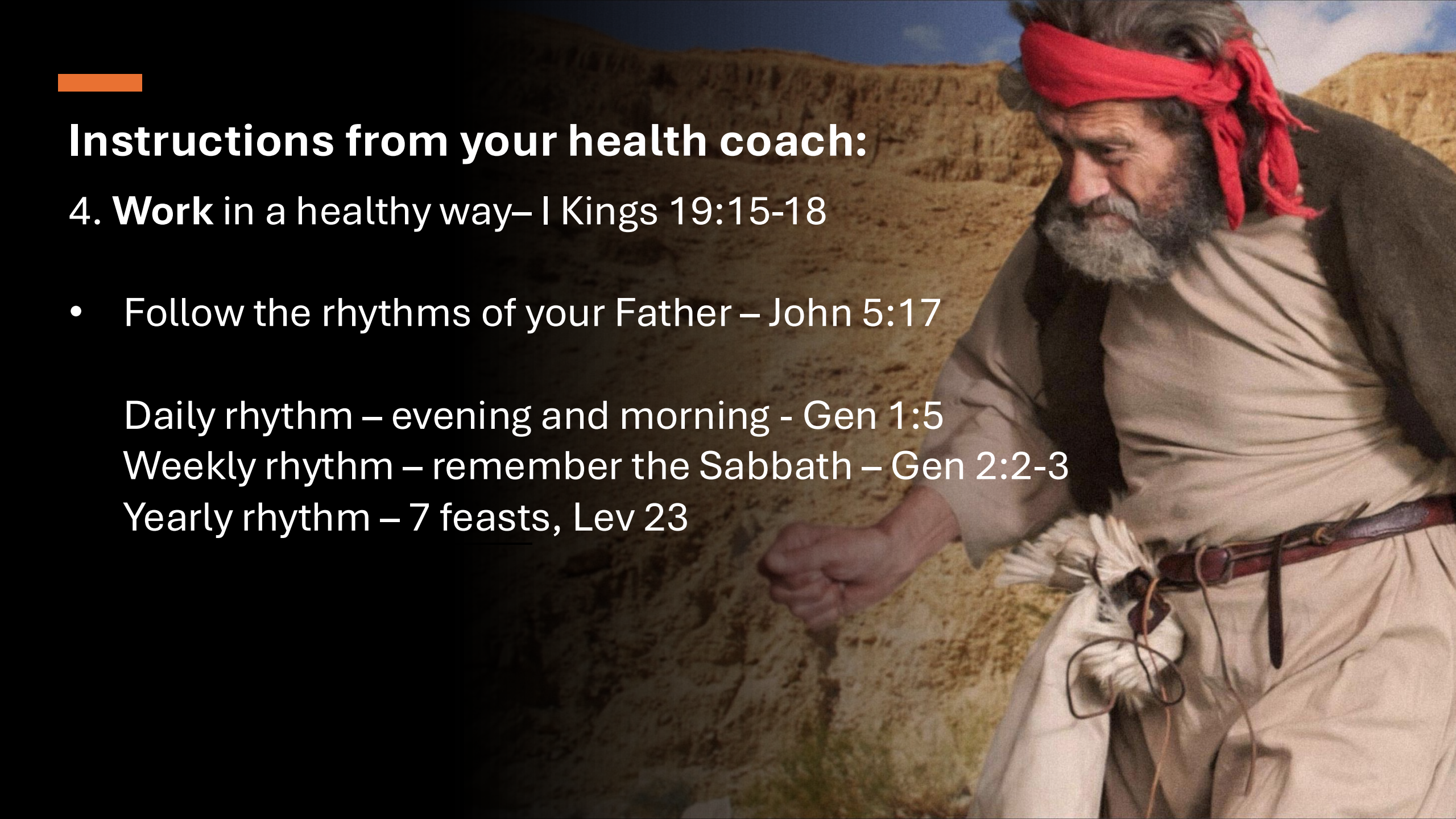
Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Follow the rhythms of your Father – John 5:17

Daily rhythm – evening and morning - Gen 1:5

Weekly rhythm – remember the Sabbath – Gen 2:2-3



Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Follow the rhythms of your Father – John 5:17

Daily rhythm – evening and morning - Gen 1:5

Weekly rhythm – remember the Sabbath – Gen 2:2-3

Yearly rhythm – 7 feasts, Lev 23



Instructions from your health coach:

4. **Work** in a healthy way– I Kings 19:15-18

- Follow the rhythms of your Father – John 5:17

Daily rhythm – evening and morning - Gen 1:5

Weekly rhythm – remember the Sabbath – Gen 2:2-3

Yearly rhythm – 7 feasts, Lev 23

Multi- year rhythm – a Sabbath for the land (Lev 25,
Deut 15)



Instructions from your health coach:

4. Work in a healthy way– I Kings 19:15-18

- Focus on your unique instructions
- Empower others
- Work as a team
- Follow the rhythms of your Father



Instructions from your health coach:

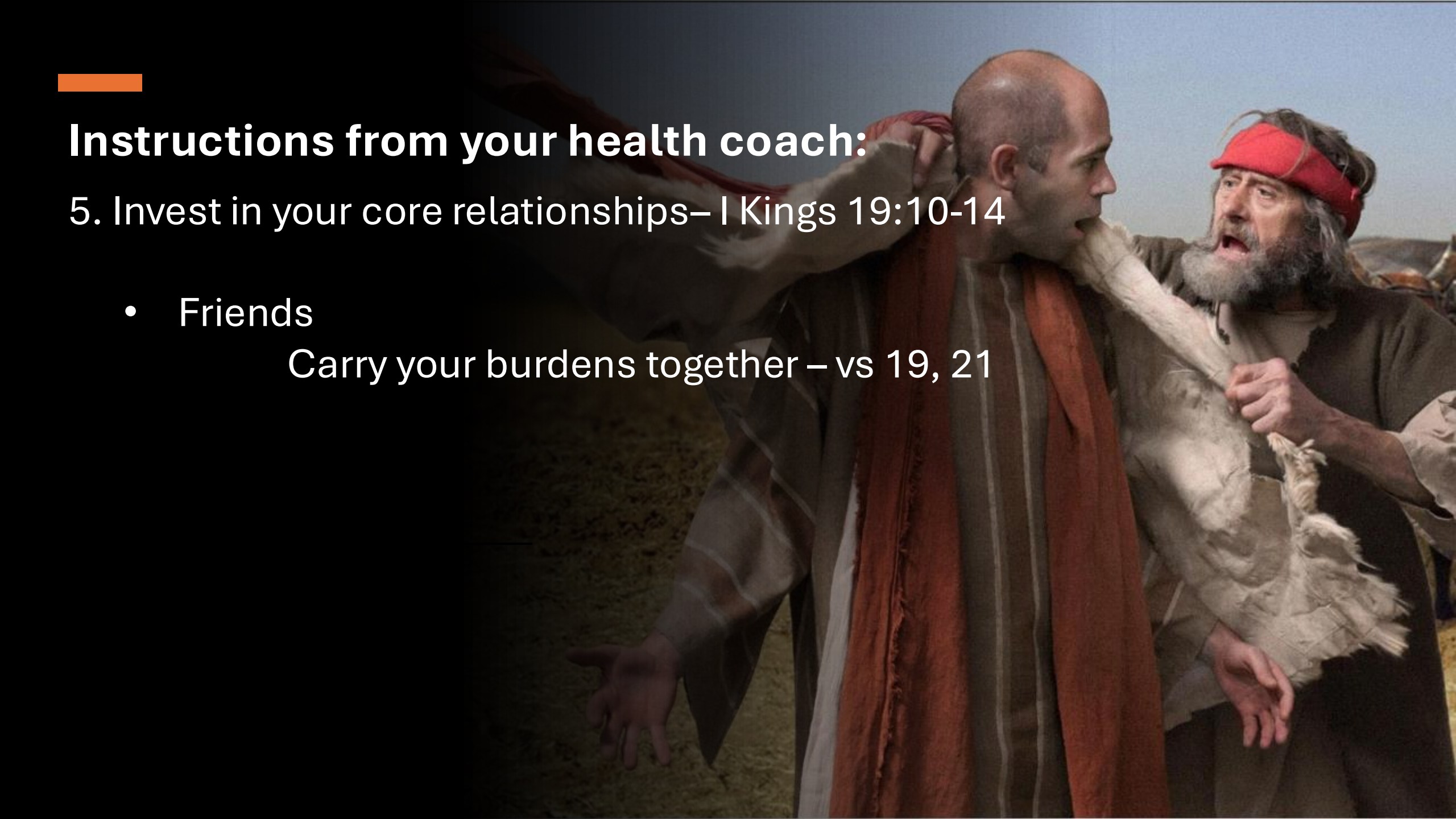
5. Invest in your core relationships– I Kings 19:10-14



Instructions from your health coach:

5. Invest in your core relationships– I Kings 19:10-14

- Friends

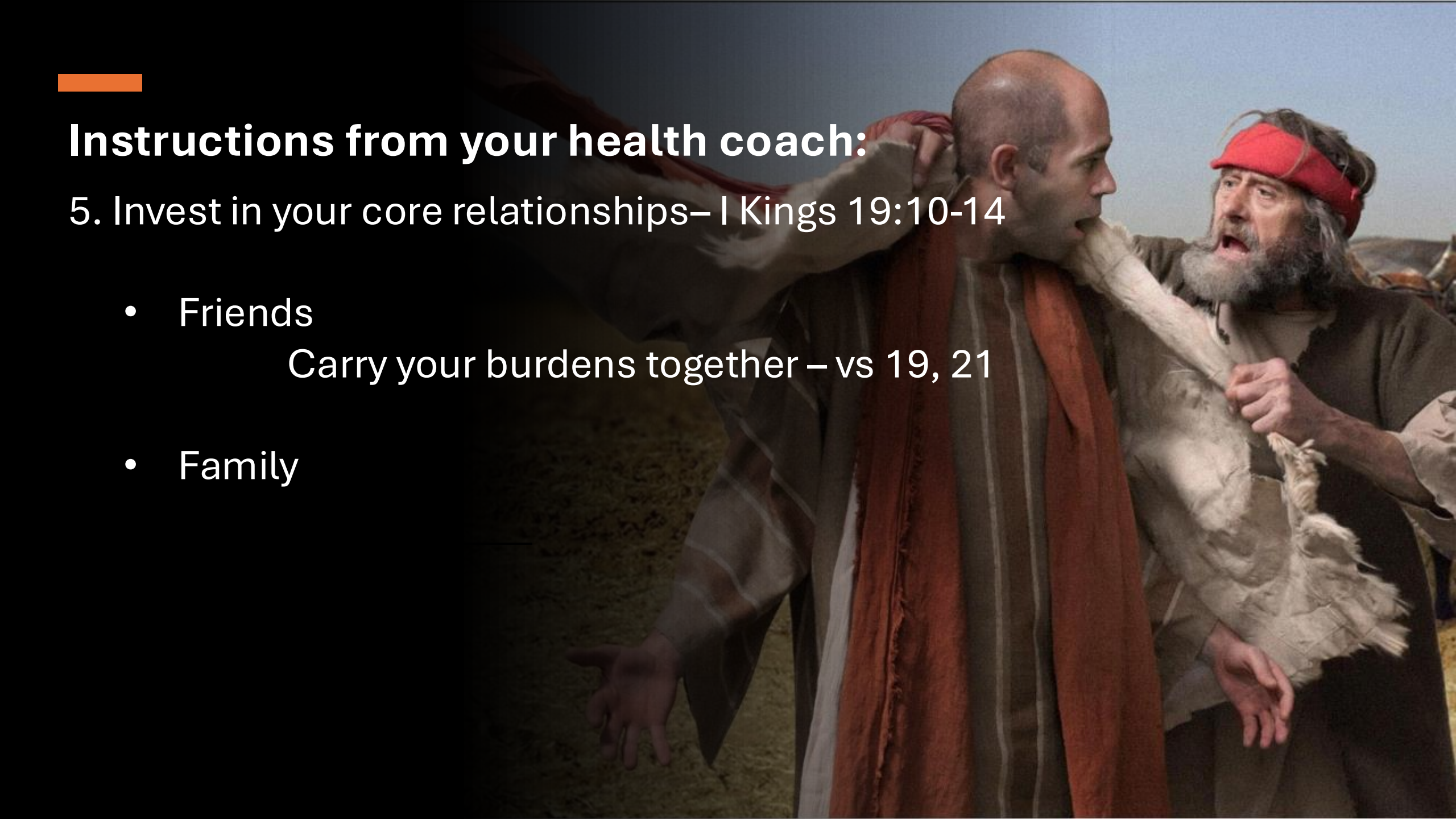
A man with a long grey beard and a red headband is carrying a large, white, fluffy bundle on his back. He is wearing a brown robe. Another man, bald and wearing a brown robe with a red scarf, stands next to him, looking at the bundle. The background is a bright, hazy outdoor setting.

Instructions from your health coach:

5. Invest in your core relationships– I Kings 19:10-14

- Friends

Carry your burdens together – vs 19, 21

A man with a long grey beard and a red headband is carrying a large, white, fluffy bundle on his back. He is wearing a brown robe. Another man, bald and wearing a brown robe with a red scarf, stands next to him, looking at the bundle. The background is a bright, hazy outdoor setting.

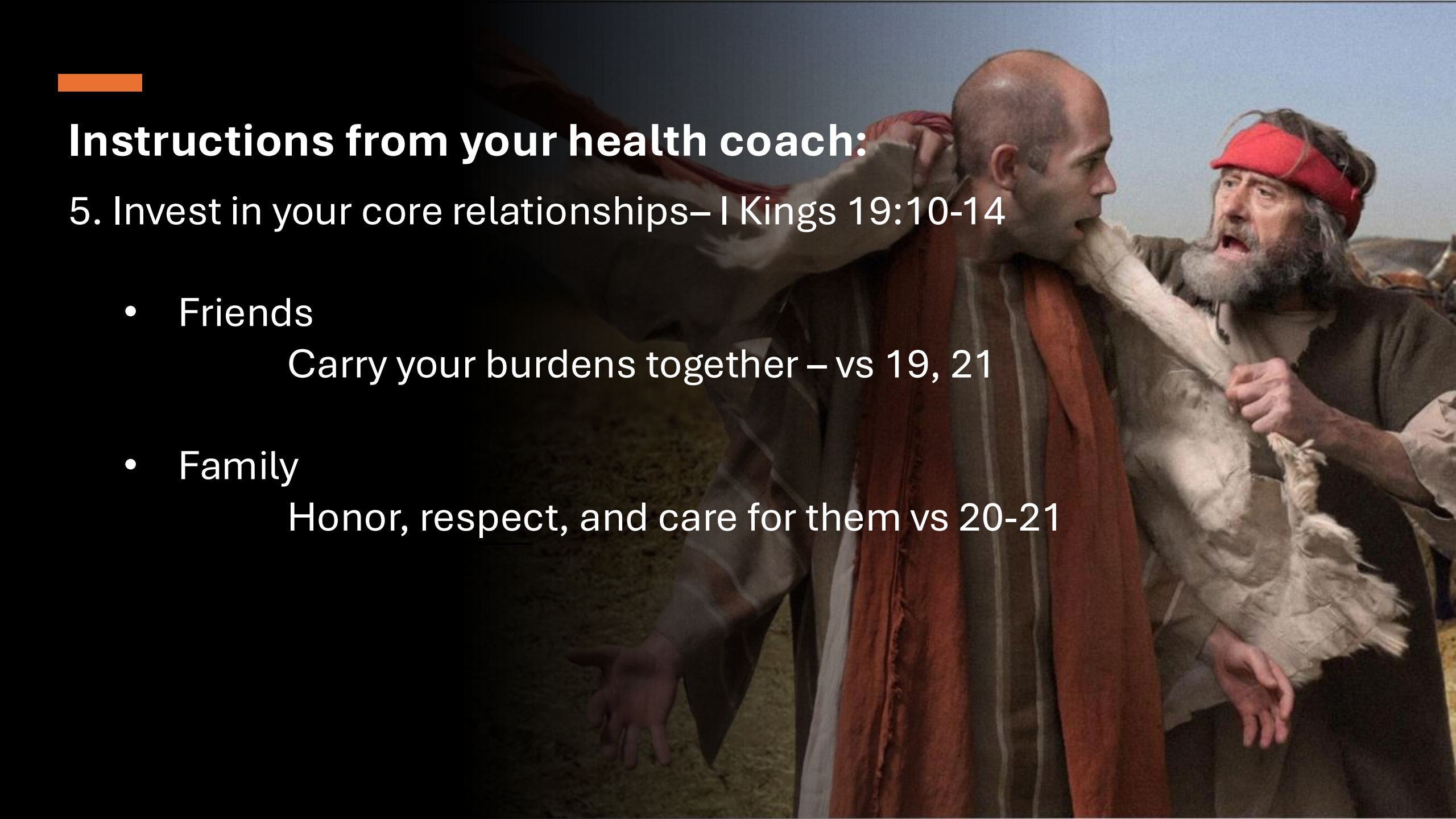
Instructions from your health coach:

5. Invest in your core relationships– I Kings 19:10-14

- Friends

Carry your burdens together – vs 19, 21

- Family



Instructions from your health coach:

5. Invest in your core relationships– I Kings 19:10-14

- Friends

Carry your burdens together – vs 19, 21

- Family

Honor, respect, and care for them vs 20-21



Instructions from your health coach:

1. Stop, and be honest
2. Care for your physical health
3. Care for your spiritual health
4. Work in healthy ways
5. Invest in your core relationships

The Elijah Buckets



The Elijah Buckets



The Elijah Buckets



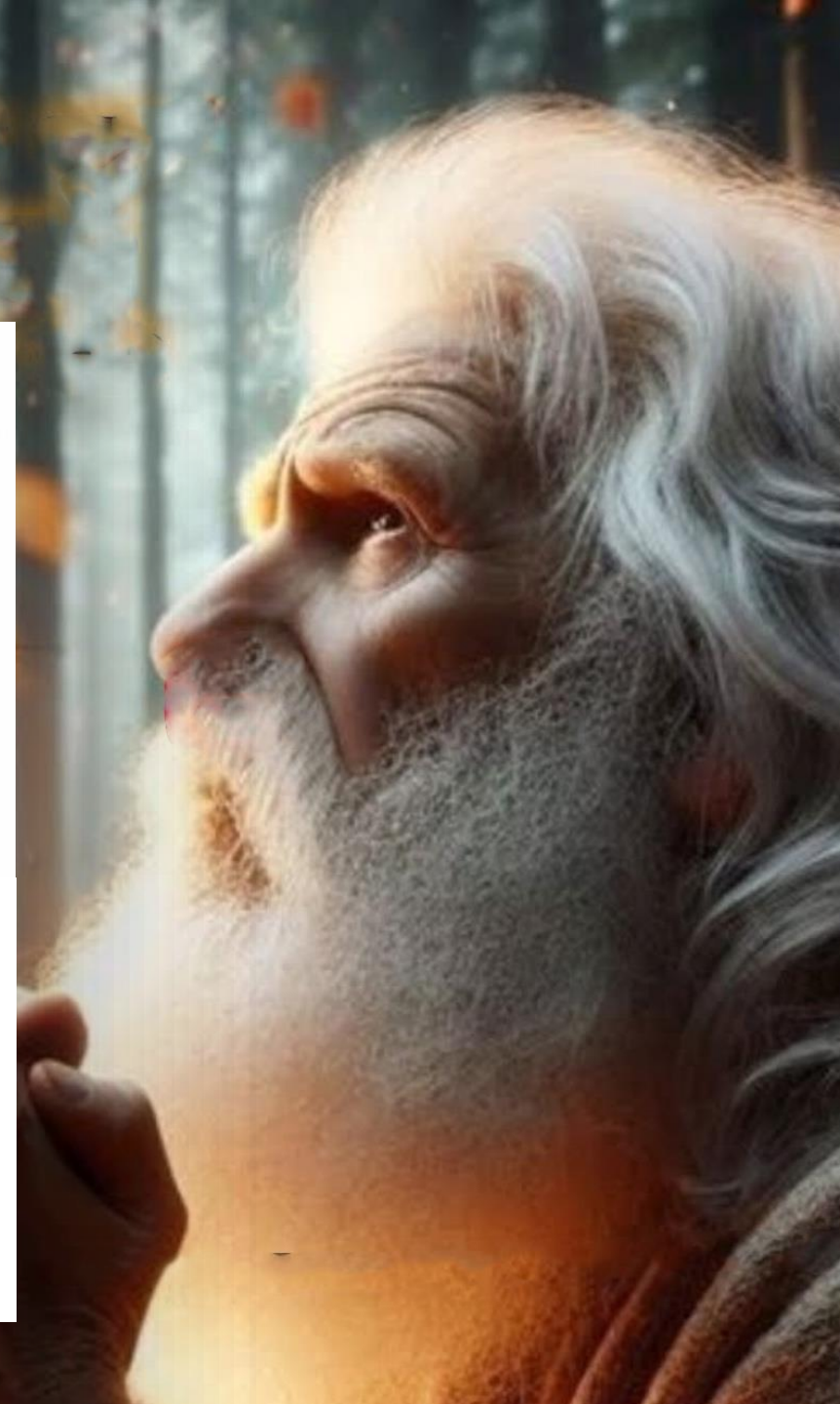
The Elijah Buckets



The Elijah Buckets



The Elijah Buckets





Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the LORD
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They will soar on wings like eagles;
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Isaiah 40:29-31