Called to Thrive – Additional Resources

Summary of ViComm Talking Points

* Grow in Your Relationship with God. 1.Be connected to the vine daily 2.Be convinced of God’s calling 3.Practice spiritual disciplines, especially worship 4.Know your position in Christ 5.Develop a healthy theology of suffering 6.Base your self-worth on your relationship with God, not results in ministry.
* Maintain Healthy Habits. 1.Exercise 2.Diet 3.Sabbath 4.Sleep 5.Do things that refresh/rejuvenate you (e.g. walk, play guitar, watch movies, read a book, draw, garden) 6.Don’t always be “on”. Unplug. 7.Family Motto: Work hard, play hard, rest well. 8.Make memories.

Questions

* Head: What are the main points that you want to remember from this presentation?
* Heart: what touched your heart from this presentation?
* Hands: What do you want to do as a result of this presentation?

Scriptural focus/DBS: Heb 12:1-3, James 1:2-8, 1 Thes 5:16-18, 2 Tim 4:7-8, Phil 4:4-13.

For Further Reflection and Growth

Our goal is to thrive not merely survive. Following are some recommendations to help us be proactive in preparing for challenges on the field.

* Study 1 Peter and note everything that helps you thrive.
* Write a letter to yourself which you can pull out when you feel low and discouraged.
* Write a two-page Biblical look at suffering, with scripture references. Include the following o Why does God allow suffering? o How might He use suffering in your life and to advance His Kingdom? o How does God help in the midst of suffering?
* Review your position in Christ. Take back any ground that you may have surrendered to to the evil one.
  + Steps to Freedom in Christ by Neil Anderson
  + Wholeness Prayer resources by Jean Coles. www.freemin.org.
    - Jean is happy to answer questions, empower people to pray with others and train others, and pray with people or help them connect with someone else who can, as the Lord leads. You can contact her at jac@tlpmail.com.