

# Renew! Workbook for Ministers & Leaders



## The Time IS NOW

Ephesians 5:15-21; Galatians 5:16-26; Matthew 23 & 24

## Be Equipped

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# Review . . . Refresh & Renew!

**AVOID the WOES of MINISTRY!**

**SPREAD GOOD NEWS!**

**STAY STRONG & VIGILANT!**

Excerpts from Matthew 23

- Jesus warned not to steer away from true repentance and faith. (v 13)
- Avoid teaching and practicing hypocrisy (religion of works v 15).
- Teach and engage in Spiritual truths versus arguments over irrelevant matters. (v 16-27)
- Focus upon crucial matters versus making a big deal of smaller issues. (v 23)
- Evaluate hearts and motives, not looking at outside appearances. (v 25)
- Take caution on outward appearance of self-righteousness while being spiritually dead. (v 27)
- Do not think more highly of yourself or imagine yourself much better than predecessors (v 30)

Record what you are hearing from each other and from God as you jot down any next steps.

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As leaders and ambassadors for Christ, we can effectively minister and advance the Gospel with endurance and victory.

This is a time within the Body of Christ in which many have seen unprecedented upheaval and everchanging atmospheres in ministry. The time is NOW to embrace and strive to live in God's radical grace. Today, you are not here to attend an average conference, rather this is a time in which God desires to refresh your soul, to find rest for your spirit, and a time to experience renewal and connect with others. It is my prayer that during times such as these, that together as a united body of believers, that we can embrace an authentic review of ourselves as we always seek to align to God's will. May we never drift off course or compromise the things of God and the plan and purposes He has for us and ministries as we love and lead in Him. In using this workbook as a time of reflection and renewal, I praise God with you in your efforts to remain true to yourself, true to God and your calling. I pray you will take advantage of every opportunity (for self and teams) to connect with God, to network with each other, and to reflect with responsibility upon what God is doing. Together, let us pray that we may grow in unity and that the greater church community may benefit from the time spent with God and each other.

## Opening Time of Reflection

What has God been saying to you this past year? What is He saying now? How can we support one another going forward?

**NOTES | What has God been saying to you this past year?**

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**NOTES | What is God saying to you now?**

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**NOTES | How can we support one another going forward?**

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This workbook journal is provided as a place for you to: Capture your thoughts, reflect, pray & listen to God.



## Annual Spiritual Checkup

Thank you for taking some brief time to reflect and complete a Spiritual checkup. This will allow you to better understand & assess your overall needs. Your feedback & honesty is vital to assessing your ongoing growth.

## What is a Spiritual Assessment?

Each year many of us as individuals will go through a physical check-up, perhaps do a financial check-up once yearly or at tax time, and perhaps do a performance review at our workplace. But how often do we take time to re-view our spiritual life?

## Spiritual Assessment Instructions

Loving God with all your Heart, Soul and Mind—How would you rate each of the following sections?

(1=Always, 2=More often than not, 3=Sometimes or 4=Rarely)



## Assess—Review—Adjust

“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the law and the prophets hang on these two commandments.” Matthew 22:37-40.

## The Time is NOW for a Spiritual Assessment

Those who are saved by grace are called to grow in grace (2 Pet. 3.18). As disciples of Jesus, we are to live a life of love – love for God and love for our neighbor, in the power of the Holy Spirit. Too often, in the busyness of our day-to-day lives, we let other priorities crowd out the two highest priorities Jesus gave us. The following questions are designed to help you examine your spiritual life over the past year and to prayerfully seek God’s help in areas where you desire to grow.

<b>How is my personal relationship with God?</b>	<b>1 2 3 4</b>
Do I have a growing desire to spend more time with God?	1 2 3 4
Am I spending appropriate time praying, reading and meditating on the word?	1 2 3 4
Am I growing in desire to obey and please God?	1 2 3 4
Do I obey out of gratitude for God’s love? Or from guilt or fear? _____	1 2 3 4
Have I fully surrendered to the Holy Spirit?	1 2 3 4
Do I ask God to fill me each and every day with the Holy Spirit?	1 2 3 4
Are there areas I am holding back from God? Which ones? Why? _____	1 2 3 4
Am I more aware of the sins in my life?	1 2 3 4
Do I repent on a daily basis and receive forgiveness and cleansing from God?	1 2 3 4
Have I fully, truthfully repented of all past and current sins?	1 2 3 4

How would you rate each of the following?

(1=Always, 2=More often than not, 3=Sometimes  
4=Rarely)

### God Cares for Me

Do you believe that you are beloved and highly favored by God?

**Ephesians 1:6** says, “to the praise of the glory of His grace [unmerited favor], by which He made us accepted in the Beloved.” It is not possible for us to make ourselves accepted.

We are made accepted by the glory of the Lord's unmerited favor.

### Am I successfully loving God and loving others well?

The intense demands of pastoral ministries – both inside and outside the church – sometimes distract us from our own needs and longings. During this exercise, try to honestly pay closer attention to your inward Spiritual condition.

## I am a God's Beloved . . .



<b>Am I seeing ongoing, consistent and fruitful growth in my life?</b>	1 2 3 4
Is there evidence of grace growing in my life?	1 2 3 4
Do I thank God daily for his love, grace & mercy?	1 2 3 4
Do I acknowledge thankfulness for His saving me From that which I deserve?	1 2 3 4

<b>Am I growing in fellowship with other Believers / Leaders?</b>	1 2 3 4
Am I forgiving of others?	1 2 3 4
Is there anyone among my family, friends, neighbors or coworkers that I refuse to forgive?	1 2 3 4
Do I fully trust that God has forgiven my sins? Do I participate in a Pastoral small group?	1 2 3 4
Is it a group that makes a difference in the lives of participants?	1 2 3 4
Do I have a Godly mentor to help me grow in my walk with Christ as a leader?	1 2 3 4
Am I giving others around me an opportunity for me to apprentice them in growth?	1 2 3 4
Am I seeking new ways to mentor/disciple others?	1 2 3 4

<b>Am I seeing evidence of being a Spirit-filled believer?</b>	1 2 3 4
Am I seeing evidence of the fruit of the Spirit In my life? (love, grace, kindness, goodness, Faithfulness, gentleness, self-control)?	1 2 3 4
Am I learning to see others thru the mind of Christ?	1 2 3 4
Am I treating others with the same grace God Has shown me?	1 2 3 4



## Where do you see God's Grace?

Purpose: Reflect upon the goodness of God. Ministry can be hard and we can easily focus our hearts and minds on the things that seem to be going wrong. Today, may we engage in an open and honest assessment building upon seeing God's radical grace around us: in our personal lives, our families, and our ministries.

God wants us to encourage one another as we share how he has worked through our disappointments and give testimony to His radical grace.

How would you define radical grace? \_\_\_\_\_

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What examples of His grace in action have you seen around you?

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How can you find God's radical grace even in your disappointments?

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## Assess—Review—Adjust

<b>Am I loving my family as I should?</b>	<b>1 2 3 4</b>
Husbands, are you loving your wives?	1 2 3 4
How, Specifically? _____	
Wives, are you respecting your husbands?	1 2 3 4
How, Specifically? _____	
Parents, are we teaching our children the Bible, How to pray, and how to please God?	1 2 3 4
Children, are you honoring your parents?	1 2 3 4
How, Specifically? _____	
Am I managing my time in a way that reflects God's priorities and honors my family relationships?	1 2 3 4
Are there any outside influences that are harming my family relationships?	1 2 3 4
If yes, what do I do about them? _____	
_____	

In what ways can you “reset” your heart and mind with a new understanding of His grace?

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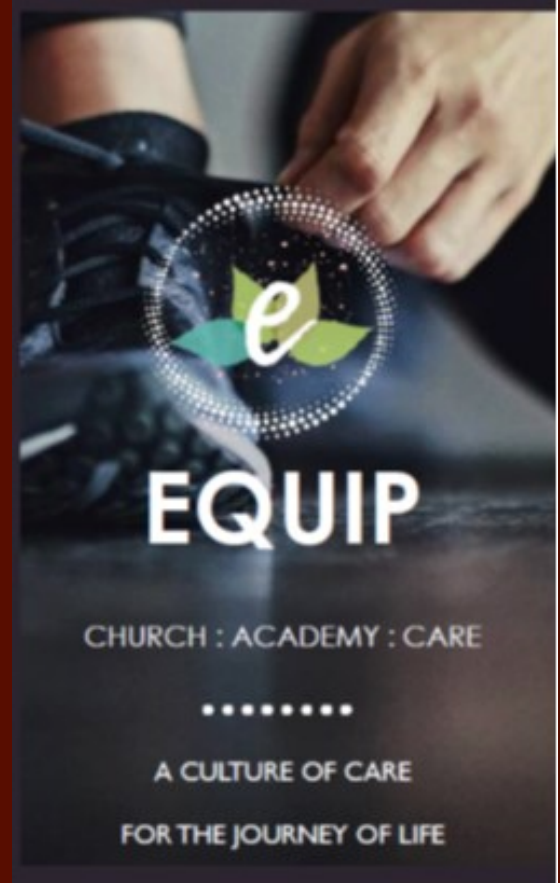
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Inquire about scheduling a team renew seminar!  
Visit us for more info at [www.equipcareministries.com](http://www.equipcareministries.com)



## Where are you going from here?

Like Elijah, you may have heard God's still, small voice. You may have gained new insights about yourself, about God, or about your ministry. You may have had a good, refreshing time with other servants of God. We want to recognize what God has done. And then we want to take note and express any changes, goals, or habits that we will employ moving forward from here.

### QUESTIONS:

- What did God do for you? What did God do in you?
- What did you hear from God, from His Word, or from each other?
- What did you hear that might contribute to your health, to your family, and to your ministry?
- How will you respond to these insights going forward?
- What changes in your calendar, rhythm of life, and spiritual practices will you make?

**Key Points:** Connect to a Zoom Pastoral Group at [www.john1723.net](http://www.john1723.net)

Find Accountability | Self Care is critical | Explore Sabbath

[www.equipcareministries.com](http://www.equipcareministries.com) | Equipping Leaders Worldwide for Effective Ministry Eph 5:15-21

## SELF-CARE

**Step One: Assessment**—Personal Reflection Upon Current Level of Self Care  
Rate your current area of Life Stress (low to high)

- What is your level of Stress Vulnerability?
- How do you rate your Personal Resilience?
- Do you have healthy & sufficient Coping Strategies?
- Are your Basic Needs being met daily at home?
- How would you rate your level of Fatigue?
- How likely or near to Burnout are you?
- Are your Basic Needs being met daily at Work?

### Step Two: Setting Goals

Review your Self-Assessment Results

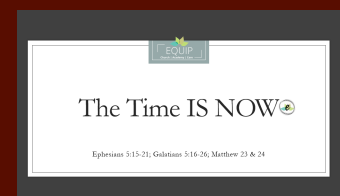
Rate where most stress lies and begin to create coping strategies to intervene in that area of your life.

- Family Life Stress
- General Work Stress
- Crisis/Event Stress

### Setting SMART GOALS

Engage in Accountability with friend/mentor

SPECIFIC  
MEAURABLE  
ATTAINABLE  
REALISTIC  
TIME-BASED



## COMPONENTS of a SELF-CARE PLAN—GOALS:

- Commit to invest in time and ways that will fill your emotional and Spiritual tank
- Incorporate ways that celebrate specific “YOU TIME”
- Develop a holistic care plan that effectively exercises your Mind, Body & Spirit

## A SAMPLE PLAN COULD INCLUDE:

- Daily Quiet Time: prayer, reading, meditation on and in the Word of God
- Laughing, talking, spending quality time with family & others
- Favorite exercise, movement, hobbies, leisure activities
- Scripture reading, Spiritual reflection and time engaged in the Word and Journaling
- Sabbath, Solitude, and Retreat
- Sabbatical, Celebrating nature or Visiting a Sacred place to encounter God in fresh, new ways.
- Rest, Sleep, & Slowing Down
- Spending time listening and in Worship of God
- Time Management Planning
- Setting good Boundaries

**RECOMMENDED DAILY RESOURCE:** “A Guide to Prayer for Ministers and Other Servants” by the Upper Room

ISBN: 083580559X



**KEY QUESTIONS FOR SELF:** DO YOU HAVE A CARE PLAN? What have you found effective as part of your self-care to help you with stress and focus?