

# TREND

## Pastor/Leader Resilience

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Flourishing happens  
when ministry is a life-  
enriching rather than life-  
depleting experience.

OUTCOME



# The Four Dimensions of Flourishing In Ministry

**Pastor/Leader Resilience**

“Research Insights from the Flourishing in Ministry Project”  
Matt Bloom, Ph.D. - July 2017

# REVIEW

## DNA of the Spiritual Disciplines

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### Inward:

Prayer  
Study  
Meditation  
Fasting

### Outward:

Simplicity  
Submission  
Solitude  
Service

### Corporate:

Celebration  
Worship  
Guidance  
Confession

Adapted Spiritual Disciplines from Richard Foster  
“Identification of 12 Spiritual Disciplines”

# OUTCOME

## The Four Building Blocks to Well-Being

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**Joy/Happiness**--the emotional dynamics and the subjective quality of our daily lives.

**Resilience**--our capacity to adapt, change, and respond to life's challenges, and also our capacity to grow, learn, and to develop new capabilities and capacities.

**Self-integrity**--our identity or self concept which includes the beliefs we hold about who we are as physical, psychological, intellectual, social, and moral/spiritual beings; our self-image, self-esteem and self-worth; and our sense of respect and dignity.

**Thriving**--the meaning and significance we experience in our lives; our sense of having values and beliefs that inspire... and create purpose; Our experience to deep and positive connections with others.