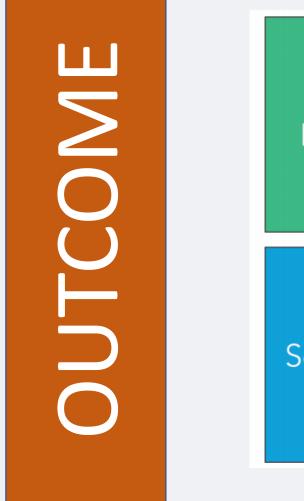


Pastor/Leader Resilience



Appendix 12 - TYC Resilience in Flourishing, Discipline & Well-Being

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





The Four Dimensions of **Flourishing In Ministry**

Pastor/Leader Resilience

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

DNA of the Spiritual Disciplines

REVIEW

<u>Inward:</u> 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"

The Four Building Blocks to Well-Being

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.