

## **TYC Exposition Reflection Assignment Questions**

### **Lesson 1 – Self Care for Marketplace Ministers**

#### Topic 1.1 – Our Ministry Model To be Christ-Like

1. Considering Luke 4:18-19, how can you apply this passage of Scripture to being Christ-like? Give examples of how you display Christ-likeness in an area you serve applicable to life or ministry.
2. Reflect upon the areas in which you have served. What struggles can you share and describe that were visible hurdles where you lacked being Christ-like?
3. Reflecting upon both the Isaiah 61 and Luke 4:18-19 passages, which practices could become a learning goal for you as a reach in an area in which you are not comfortable or familiar? Describe how you might apply these practices if you could venture into these new areas in life or ministry.

#### Topic 1.2 – Spirit/Soul/Body

1. Read 1 Thessalonians 5:23. Describe your theological understanding of this passage. How do you agree or disagree in that we are three-part beings?
2. Describe the one favorite way in which you practice self-care that tends to the mind and body?
3. Describe the one favorite way in which you practice self-care that tends to your Spirit?

### **Lesson 2 – A Call to Self-Care**

#### Topic 2.1 – Our Roles as Leaders

1. Reflect on Matthew 22:37-40. How do you see this passage forming and shaping your role as a leader?
2. What value do you see in self-care that provides fruitfulness to your role as leader? Explain.
3. How does motive affect your self-care management success (Matthew 6:33)?

#### Topic 2.2 – Our Authenticity

1. How is authenticity derived within you? What are two ways in which you assess your need for authenticity?
2. How can the marketplace benefit from your being an authentic leader?
3. Describe a time when you witnessed a less-than-authentic leader? What did this look like?

#### Topic 2.3 – Our Responsibility

1. Describe why you as a Marketplace Minister should take compassionate care of yourself first, before caring for others?

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2. Can you reflect upon a time when you were not in the best condition to aid another? What happened during your encounter?
3. Can you provide an example when you or another you witnessed exhibited good stewardship as an effective leader to another?

### Topic 2.4 – The Statistics

1. Which of these statistics in this lesson surprised you? Why
2. Which of these statistics in this lesson apply directly to you? Explain the pros/cons.
3. What is one statistic you would be determined to change if you could. How would you do that?

## Lesson 3 – Self Assessment

### Topic 3.1 – Evaluating Stress

1. What is the number one way in which you experience stress and which area(s) do you feel the most impact? (Spiritual, Emotional, Physical, Other).
2. Take the Life Stress Inventory. In which area of life do you experience the most stress? (General, Home, Workplace). Describe how and what you would do differently to minimize it.
3. How can you find a renewed sense of hope during stress times?

### Topic 3.2 – Compassion Fatigue

1. How does the definition of Compassion Fatigue by Figley relate to any area of your life or ministry? Provide examples.
2. What is the difference between Burnout and Compassion Fatigue?
3. Have you experienced any of the four stages of Burnout as classified by Oshburg? Describe the incident.

### Topic 3.3 - Creating a Self-Care Plan

1. Do you see a real and valuable need for a self-care plan? Why or why not?
2. What do you learn from Paul's example of the division between Spirit and flesh from Romans 8:8-11?
3. How does Paul speak of our walk with God in Ephesians 4:1-6? How would this affect our discernment for a self-care plan?

## Lesson 4 – The Mind

### Topic 4.1 – Scriptural Background

1. What does Paul tell us about the mind, flesh, and Spirit in Romans 8:6? Why is this important?

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2. How have you renewed your mind in God as in a way to remain Spiritually healthy? Provide a testimony.
3. What can you learn from Paul's example about our relationship between our minds and the world from Romans 12:2? How could this be vitally important to the Marketplace Minister?

### Topic 4.2 – The Four Questions of Life

1. Of the four questions of life, which one have you struggled with the most? Why?
2. Of the four questions of life, which has been the easiest for you to gain understanding? Why?
3. As you consider life after death, how important is hope to you? What does hope produce in you currently?

### Topic 4.3 – Maslow's Hierarchy

1. Which level(s) of Maslow's Hierarchy describe your area of influence? Describe how it applies to your life, workplace, vocation or trade.
2. Which levels of the hierarchy have you experienced personal crisis?
3. How do you define your most gratifying sense of self-actualization or fulfillment?

### Topic 4.4 – Psychological Distress

1. Have you ever experienced the acute response of Psychological Distress? Describe how your normal life balance was disrupted.
2. Can you explain which normal coping mechanisms may have failed during this time of crisis?
3. Were there areas of your normalcy that did not experience any impairment of disfunction?

### Topic 4.5 – Psychological First Aid

1. Can you recall a time when you provided a supportive and compassionate presence to stabilize another's distress? Describe how.
2. Can you recall a time when you provided a supportive and compassionate presence to mitigate or dampen another's acute distress? Describe when and provide a testimony.
3. Can you recall a time when you provided a supportive and compassionate presence to facilitate the need for a referral toward another's continued care outside your area of expertise? How did you use your outside network of influence past your own care and service to another?

### Topic 4.6 – Crisis Intervention

1. Do you know the differences between counseling/therapy, in comparison to the desired short-term outcomes of Crisis intervention? Explain your concept of the differences?
2. Have you worked with another in the area of providing Grief support? Explain how this too may be different than short-term Crisis Intervention.
3. Can you provide an example of Crisis Intervention as an event versus supporting one through their response?

Topic 4.7 – The Mind Symptoms and Indicators

1. Can you describe a time when you experienced symptoms that affected your cognitive functioning?
2. Can you describe a time when you experienced symptoms that affected your emotional functioning?
3. Can you describe the vehicle for healing that you experienced in relation to either of the above?

**Lesson 5 – Our Body**

Topic 5.1 – Scriptural Background

1. How do you present your body as a living sacrifice, holy, acceptable to God, which is your reasonable service (Romans 12:1)? Provide a testimony.
2. In what ways can you say that you honor your body as the temple of God (1 Corinthians 3:16)?
3. Has there been a time where you struggled in areas of health or well-ness in body? Explain how you were encouraged, provide a life Scripture, or describe how you found hope in the Word of God?

Topic 5.2 - The Body Symptoms and Indicators

1. Can you describe a time when you experienced symptoms that affected your physical functioning?
2. Can you describe a time when you experienced symptoms that affected your behavioral functioning?
3. Have you ever experienced Empathy Fatigue? Explain your circumstance and how you overcame it?

**Lesson 6 – Our Spirit Self in Christ**

Topic 6.1 – Scriptural Background

1. Can you describe a time when you experienced the power of the Lord working miraculously in your life (Zechariah 4:6)?
2. How do you determine when you are near or over the line when it comes to the level(s) of stress present in your life?
3. How have you seen the Holy Spirit shown up in the life of another as you provided care and support?

Topic 6.2 – Spiritual Stress and The Spiritual Symptoms and Indicators

1. Can you describe a time when you experienced symptoms that affected your Spiritual grounding in God?
2. Can you describe a time when someone else you know experienced a crisis of faith?

3. Can you remember a time when you witnessed a sign, wonder, or miracle? Provide a testimony.

## **Lesson 7 – The Spiritual Disciplines**

### Topic 7.1 – What is Spiritual Discipline

1. Can you describe a time when you led another to Salvation in Christ Jesus?
2. How do you provide compassion and care to the point of need so that the world would more easily find and know Jesus? (Matthew 25:40).
3. Have you ever encountered practices of something else NOT Biblically grounded and in alignment to the Word of God? Describe how you discerned this not to be of God.

### Topic 7.2 – The DNA of Spiritual Discipline

1. What is your favorite way to engage the inward disciplines?
2. What is your favorite way to engage the outward disciplines?
3. What is your favorite way to engage the corporate disciplines?

### Topic 7.3 – What Spiritual Disciplines are Not

1. Can you describe the difference between Christian Spiritual engagement versus unwanted works of righteousness?
2. Can you describe the difference between authentic Spiritual progress through growth in Christ versus unwanted perfectionism?
3. Can you describe the difference between a legalistic system of externalisms which promote a manipulation of our righteousness versus the genuine and holy righteousness on found in Christ Jesus?

### Topic 7.4 – The Three Key Spiritual Disciplines

1. What are some of your favorite way(s) that you engage in a deeper time in the Word of God?
2. How do you engage in time spent in prayer? Describe a time God provided an answer to your prayer.
3. Have you practiced meditation upon the Word of God? What does that look like for you?

### Topic 7.5 – Self-Care Resources

1. How do you engage Spiritual growth (discipleship) both inside and outside of the church setting for self and others?
2. Do you have an accountability partner? Talk about the dynamics to this relationship.
3. How do you reinforce what you learn through consistent growth, self-examination, and goal setting?

## **Lesson 8 – The State of Resiliency in Pastors and Leaders**

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### Topic 8.1 – Peers in Action

1. Have you experienced peer support, an employee-assistance program, or other ways that formally provide support one to another? Describe groups in which you participate(d).
2. Have you encountered or experienced a peer, colleague or someone facing depression or suicide?
3. Can you describe what caring for one facing depression, suicide or another form of crisis looks like within a church setting? How about in a setting outside the church?

### Topic 8.2 – Self-Care Response

1. Describe an instance when your endurance lacked in any given area or circumstance?
2. Describe a time when you were steadfast, constant, and endured or overcame a life circumstance?
3. Describe how you can make an even greater commitment to self-care to promote sustainability for self and others?

### Topic 8.3 – Standards for Self-Care plans

1. How do you gain a sense, gauge or assess your self-care achievements?
2. In what ways do you acquire adequate rest and relaxation as part of your self-care?
3. How do you practice effective stress reduction daily?

### Topic 8.4 – Resilience in Complex Times

1. Have you experienced a time when your motives for serving or caring for another were not genuine?
2. Describe a time when through God’s direction, you overcame a negative circumstance with another?
3. How do you gauge intentionality and set boundaries or priorities as you care for others?

### Topic 8.5 – Trends in Counter-Cultural Ministry

1. How do you guard your heart and mind as leader across diverse areas of care?
2. How do you effectively embrace the promises of Jesus as your Champion of the faith?
3. In what ways can you set a goal to engage deeper in the practice of the Spiritual Disciplines?

### Topic 8.6 – Self-Care 101

1. How has practicing self-care aided your preparedness in caring for others? Provide and describe a personal testimony.
2. How do you implement self-care prevention before engaging in the care of another?
3. How do you implement self-care postvention after engaging in the care of another?

### Topic 8.7 – Healthy Coping Strategies

1. Which healthy coping strategies might you use to meet your interpersonal self-care needs?

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2. Which healthy coping strategies might you use to meet your physical self-care needs?
3. Which healthy coping strategies might you use to meet your emotional self-care needs?

### **Lesson 9 – Your Plan**

1. How can you incorporate ways into your self-care plan that celebrate specific time for you only?
2. What would you include as part of your plan to effectively exercise Spirit, Soul (mind) and Body?
3. Would you consider joining a discipleship group such as Barnabas Ministries, Inc. pastoral small groups or other for ongoing Spiritual growth and development? Why or why not?