

Keep Growing!

Some pastors intuitively know how to be life-long learners and are able to monitor their commitments to make it happen. Most of us need the benefit of guidelines or the help of a good friend. A friend of mine writes, “Healthy things grow... Growing things change... Change requires risk... Risk demands faith... and Faith makes you healthy”, from Tom Garasha in *EKG, probing the heart of a pastor*.

Learn more about yourself:

To keep growing, we encourage you to learn more about yourself from tools like Ministry Match and Strengths Finder. They help a pastor enjoy life and ministry doing what God created them to do best. These profile tools are available from Pastoral Care Ministries.

Interact with ideas presented in books intended to help you know yourself. *A Contrarian’s Guide to Knowing God, spirituality for the rest of us*, Larry Osborne, Multnomah; *The Me I Want to Be, becoming God’s best version of you*, John Ortberg, Zondervan and *Live Like You Mean It*, T.J. Addington, NavPress. There are many such books.

“As God helps you grow, you will change. But you will always be you. An acorn can grow into an oak tree, but it cannot become a rose bush. It can be a healthy oak or it can be a stunted oak – but it won’t be a shrub. You will always be you – a growing, healthy you or a languishing you – but God did not create you to be anybody else.” John Ortberg, “The Me I want to Be”, Zondervan, 2010.

Engage in an intentional growth plan:

If you are already engaged in a plan of personal growth and it is working for you, “well done, keep at it”.

If you need the benefit of a guideline, create an “I’m Growing” plan. The plan involves several activities in each of 3 areas that you complete in 2 years.

Spiritual Formation – being conformed to the image of Christ

Personal Well-being – taking a sustainable approach to life’s demands

Ministry Excellence – sharpening yourself for effective ministry

To get started on things that have been on your heart for a long time, download the “I’m Growing” materials at www.efca.org/healthypastors. It’s an initiative of the EFCA Ministerial Association designed to promote personal growth and sustainability in ministry.

Learn more: www.efca.org/pastoralcare



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