



Spiritually Healthy Leader®

THE SPIRITUALLY HEALTHY LEADER

FIGHT THE GOOD FIGHT
WALK WORTHY
FINISH WELL

A MODULAR SERIES FOR GROUP OR INDIVIDUAL STUDY

PRESENTED BY 30 60 100 MINISTRIES

3060100.ORG

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The Spiritually Healthy Leader™ Series

Are you living in the Box? Or in the Circle?

The Spiritually Healthy Leader series challenges Christians to reach outside the natural limitations of “the Box” of their own power, abilities, and fleshly nature to experience living in “the Circle” of the life and power of Christ; enabling them to multiply the impact of their life and ministry, by doing more than they could ever ask for or think of through their own strength and abilities.

SHL™ stimulates you to develop and maintain balance and spiritual wellness, exploring key issues and elements likely left untouched by your Bible school, seminary, or by business school training.

SHL™ consists of six workshops, each containing four to six hours filled with challenging interactive instruction. What areas in your life has God heightened your awareness of that require change in order for you to remain steadfast, spiritually healthy, and finish well?

Workshop Content

SPIRITUAL FITNESS — Developing and Maintaining a Healthy Relationship with God through Spiritual Fitness

Evaluate your current spiritual fitness by examining your Strength, Endurance, Core Balance, and Nutrition as revealed through the practice of 16 common Christian spiritual disciplines. Through the analogy of physical fitness you will identify and embrace the importance of taking personal responsibility for your spiritual well being, building up your spirit, and cultivating your relationship with God that equips you to do the work of the Kingdom of God and bring glory to Christ.

A comprehensive evaluation of your current spiritual Strength, Endurance, Core Balance, and Nutrition, and the development of personal action plans to improve your spiritual fitness through a deeper relationship with God.

HEALTHY RELATIONSHIPS — Made to Relate: Developing a Healthy Relationship with Others

Gain valuable insights and relationship-building tools as you learn to identify personal strengths, value the different strengths of others, and allow the Power of the Life of Christ to help you be flexible and adaptable in your relationships. Enjoy interaction with others with reduced stress and frustration. (Workshop includes the Leading From Your Strengths profile.)

As you apply these tools while interacting with others, you will learn to identify your strengths, value the strengths of others, and allow the Power of the Life of Christ to eclipse your limitations – thus reducing frustration while helping others be more comfortable around you as you interact together.

CONFLICT CHECKUP — Using Conflict as a Tool, Not a Time Bomb

This workshop will assist leaders in the church, parachurch, and home ministry, as well as in business-as-ministry, in identifying the causes of conflict and the positive way to deal with conflict, and to provide tools to turn the potential damage conflict can produce into positive and constructive peace-producing interactions.

This workshop will teach how to effectively address and manage conflict, disarming its destructiveness and turning it into a productive tool producing growth and healthy relationships of reconciliation, peace, and forgiveness. Participants will learn how to peaceably address conflict and masterfully use it as God’s tool to produce balanced and effective teams with better resolutions of differences in all types of settings, including ministry and business-as-ministry.



The Spiritually Healthy Leader™ Series

Workshop Content, continued

CONDITIONING FOR THE COURSE — Becoming a Pacesetter Leader

This workshop is designed to assist you as you define and take your place as a spiritually healthy, pacesetter leader. You will identify and draft your own God-inspired personal vision, mission, values, and goals. You will learn to use them as a standard that influences your behaviors, your choices, and your lifestyle.

This workshop will enable you to distinguish the differences between the roles of a leader and a manager, and discern when to apply which skill set represented by each of these important roles. You will define your purpose as a spiritually healthy pacesetter leader by creating your own personal vision, mission, values, and goals and learning to align them with God's will for your life.

CLEARING THE HURDLES — Overcoming Leadership Challenges

This workshop will equip you to identify and effectively address current and potential challenges encountered by leaders, whether in a church, para-church organization, home, or business-as-ministry setting. It will address hurdles you will face as you influence and are influenced by your culture, as you stimulate healthy growth, as you assist people through the maze of change, and as you interact together with others.

In this workshop you will learn how to successfully clear the hurdles you may face in your leadership role as you influence and are influenced by your culture, as you stimulate healthy growth, and as you assist people through the maze of change.

FINISHING WELL — Fight the Good Fight, Walk Worthy, and Finish Well

This workshop identifies common and uncommon pitfalls that can undermine and ultimately destroy a Christian leader. It equips you to resist their influence and effect on your life by relying on the power of the life of Christ in you. It encourages you to develop a deeper relationship with the Lord and uncovers several hidden treasures that will inspire you and give you hope to finish well.

A personal and reflective review of the common and uncommon dangers affecting Christian leaders—with opportunity to take preventive and corrective measures and set a course that equips you to fight the good fight of faith. An encouraging discovery that God has given us everything we need—the power, ability, and authority—to walk worthy of our calling and finish well because of our relationship with Him and who we are in Christ.

The SPIRITUALLY HEALTHY LEADER Series is designed to ENCOURAGE and INSPIRE participants to cultivate their spiritual health and significance — because if they are spiritually strong, and the soil of their hearts is well prepared for the seeds being sown, then the HARVEST IS GREATER, and their IMPACT is MULTIPLIED!



Participants benefit from a variety of teaching methods: facilitator-led instruction, individual reflection, interactive dialogue, breakout groups, and personal action planning.



The Spiritually Healthy Leader™ Series

SPIRITUAL FITNESS

DEVELOPING AND MAINTAINING A HEALTHY RELATIONSHIP WITH GOD
THROUGH SPIRITUAL FITNESS

OVERVIEW

Goal

This workshop will help you identify and embrace anew the importance of taking personal responsibility for your spiritual well-being.

Introduction

Spirit — Soul — Body

Understanding our Spiritual Anatomy

Spiritual Fitness: An Analogy

Four essential elements needed to achieve and maintain spiritual health and fitness

The Role of Personal Trainers and Spotters

The Role of Coaches, Mentors, and Accountability / Transparency Partners

Essential Elements of Fitness and the Disciplines of the Spirit

Strength

Service and Secrecy — Holy Living — Practice of Vocation — Stewardship and Frugality
Living Strong in His Might—Action Plan and Template

Endurance

Sabbath Observance — Practicing God's Presence — Confession — Faith in the Face of Adversity
Running with Endurance—Action Plan and Template

Core Balance

Solitude — Accountability — Continuous Learning — Well-ordered Life
Keeping Spiritual Balance—Action Plan and Template

Nutrition

Study of the Word of God — Prayer — Fasting — Worship
Seeking Spiritual Food—Action Plan and Template

How the Essential Elements of Fitness and Spiritual Disciplines Contribute to Spiritual Health and Fruit-bearing

Are You Biding Your Time, or Abiding in the Vine

Application

Warning: Spiritual Disciplines are Not an End in Themselves

Appendices

- 1 – Essential Elements of Fitness and Spiritual Disciplines Matrix
- 2 – Sample Action Plan

Result

A comprehensive evaluation of your current spiritual **Strength, Endurance, Core Balance, and Nutrition**, *and* the development of personal action plans to improve your spiritual fitness through a deeper relationship with God.



The Spiritually Healthy Leader™ Series

HEALTHY RELATIONSHIPS

MADE TO RELATE: DEVELOPING A HEALTHY RELATIONSHIP WITH OTHERS

OVERVIEW

Goal

This workshop will help you gain valuable insights and relationship-building tools as you learn to identify personal strengths, value the different strengths of others, and allow the Power of the Life of Christ to help you be flexible and adaptable in your relationships.

Method

Introduction

The Mystery of Differences

God Loves Variety

Bricks V. Stones

Uniquely Designed—Equal Value, Different Function

Introduction to Four Basic Behavioral Patterns

Behavioral Patterns of the Lion

Behavioral Patterns of the Otter

Behavioral Patterns of the Golden Retriever

Behavioral Patterns of the Beaver

Identifying Behavioral Patterns

Interaction and Influence

Strengths, Limitations, Processing Questions, Knee-jerk Reactions, and Motivators

Behavioral Patterns and Comfort Zones

Four Common Challenges to Healthy Relationships

The Challenge of Problem Solving—L Scale, (Lion)

The Challenge of Acquiring and Processing Information—O Scale, (Otter)

The Challenge of Managing Change—G Scale (Golden Retriever)

The Challenge of Facing Risk—B Scale (Beaver)

Leading from your Strengths Assessment

My Natural Strengths Chart

My Strengths Movement Chart

Insights Strengths Wheel™

One Page Style Identifier Sheet

Are You Living in the Circle of the Life of Christ, or in the Box of Your Natural Limitations?

The Natural becomes Supernatural when Eclipsed by the Power of the Life of Christ

Living in Circle of the Life of Christ

Changes My Natural Tendencies

Makes Me Flexible and Adaptable

Increases My Flexibility and Adaptability

Summary and Self-Evaluation Exercise

How Should We Then Live?

Appendix: System Comparisons

Result

As you apply these tools while interacting with others, you will learn to identify your strengths, value the strengths of others, and allow the Power of the Life of Christ to eclipse your limitations—thus reducing frustration while helping others be more comfortable around you as you interact together.



CONFLICT CHECKUP

USING CONFLICT AS A TOOL, NOT A TIME BOMB

OVERVIEW

Goal

This workshop will assist leaders in the church, parachurch, and home ministry, as well as in business-as-ministry, in identifying the causes of conflict and the positive way to deal with conflict, and to provide tools to turn the potential damage conflict can produce into positive and constructive peace-producing interactions.

Method

Introduction

Reflecting on Conflict in Your Experience—Self Evaluation Exercise

What is Conflict?

Common Approaches to Conflict

Fight Approach

Flight Approach

The Sweet Spot: God's Approach to Resolving *"improvised explosive devices"* Conflict

Moving Towards the Sweet Spot—Using God-Inspired Behavior To Defuse Conflict

Exploring the Common Causes of Conflict

Sinful Desires:

Pride—Lust—Envy

Exercise

Differences:

Personalities—Values and Principles—Doctrine

Exercise

Human and Social Interactions:

Unfulfilled Expectations—Competitiveness—Lack of Trust

Exercise

Defusing Conflict

Potential Time Bombs

Tools to Disarm Conflict Time Bombs

Avoid Conflict Escalation

Conflict Resolution in a Bottle

Respecting Comfort Levels

Understanding the Difference between Dialogue and Discussion

Conflict Sleuthing—Disarming the IED's

The START-STOP-CONTINUE Process (and Template)

Become a Peace Pursuer

Appendix

Peacemaking Principles from Peacemaker Ministries

Result

This workshop will teach how to effectively address and manage conflict, disarming its destructiveness and turning it into a productive tool producing growth and healthy relationships of reconciliation, peace, and forgiveness. Participants will learn how to peaceably address conflict and masterfully use it as God's tool to produce balanced and effective teams with better resolutions of differences in all types of settings, including ministry and business-as-ministry.



CONDITIONING FOR THE COURSE

BECOMING A PACESETTING LEADER

OVERVIEW

Goal

This workshop is designed to assist you as you define and take your place as a spiritually healthy, pacesetting leader. You will identify and draft your own God-inspired personal vision, mission, values, and goals. You will learn to use them as a standard that influences your behaviors, your choices, and your lifestyle.

Method

Introduction

Leadership — Self Evaluation Exercise

Management

Leadership and Management - Two Sides of the Same Coin

The Differences Between a Leader and a Manager

Becoming a Pacesetting Leader

Identifying and Clarifying Your Personal Vision

What Vision Does

Steps to Create Your Personal Vision

Identifying and Clarifying Your Personal Mission

What Mission Does

Steps to Create Your Personal Mission

Identifying and Implementing Your Personal Values

What Values Do

Steps to Identify Your Personal Values

Identifying and Clarifying Your Personal Goals

What Goals Do

Steps to Set Your Personal Goals

Alignment: the Key to Effectiveness

My Personal Vision, Mission, Values, and Goals

Result

This workshop will enable you to distinguish the differences between the roles of a leader and a manager, and discern when to apply which skill set represented by each of these important roles. You will define your purpose as a spiritually healthy pacesetting leader by creating your own personal vision, mission, values, and goals and learning to align them with God's will for your life.



CLEARING THE HURDLES

OVERCOMING LEADERSHIP CHALLENGES

OVERVIEW

Goal

This workshop will equip you to identify and effectively address current and potential challenges encountered by leaders, whether in a church, para-church organization, home, or business-as-ministry setting. It will address hurdles you will face as you influence and are influenced by your culture, as you stimulate healthy growth, as you assist people through the maze of change, and as you interact together with others.

Method

Introduction

Creating and Sustaining a God-inspired Culture

Seven Components of Culture

Anointing Beliefs Behaviors Language Tools Social Structure Environment

Hurdle vs. Stride Exercise

Cultivating Healthy Growth

The Growth Curve Model

The Growth Curve Model in Action

The Three Phases of the Growth Curve

The Hurdles and Strides of Healthy Growth

Benefits and Hurdles of Change

Change is Beneficial

Change is Challenging

Overcoming Hurdles of Change

Choices in Times of Change

Two Choices: Loss or Gain

Clearing the Hurdles

Change Exercise: Choose Life Challenge

Appendix

Group Culture Assessment

Result

In this workshop you will learn how to successfully clear the hurdles you may face in your leadership role as you influence and are influenced by your culture, as you stimulate healthy growth, and as you assist people through the maze of change.

FINISHING WELL

FIGHT THE GOOD FIGHT, WALK WORTHY, AND FINISH WELL

OVERVIEW

Goal

This workshop identifies common and uncommon pitfalls that can undermine and ultimately destroy a Christian leader. It equips you to resist their influence and effect on your life by relying on the power of the life of Christ in you. It encourages you to develop a deeper relationship with the Lord and uncovers several hidden treasures that will inspire you and give you hope to finish well.

Method

Introduction — Fight the Good Fight, Walk Worthy, Finish Well

Fight the Good Fight

Introduction

The Analogy of Icebergs and Pitfalls

The MS Explorer Story

Iceberg: Lack of Trust in God

Iceberg: Performing Religious Acts

Iceberg: Disappointment

Iceberg: Discouragement

Iceberg: Depression

The Analogy of G-Forces and Pitfalls

G-Force: Gold

G-Force: Glitz

G-Force: Girlz N Guyz

G-Force: Glory

Fight the Good Fight Safety Check

Walk Worthy

Introduction

Taking Steps Towards Discovering God's Treasures

Discovering the Treasure of . . . Ministering to People or to God

Discovering the Treasure of . . . God's Favor

Discovering the Treasure of . . . Your Destiny

Discovering the Treasure of . . . Who You Are in Christ

Walk Worthy Discovery Challenge

Finish Well

Appendices

Result

A personal and reflective review of the common and uncommon dangers affecting Christian leaders—with opportunity to take preventive and corrective measures and set a course that equips you to fight the good fight of faith. An encouraging discovery that God has given us everything we need—the power, ability, and authority—to walk worthy of our calling and finish well because of our relationship with Him and who we are in Christ.



The Spiritually Healthy Leader™ Series



MINISTRIES, INC.

Our name, 30 60 100 MINISTRIES, is derived from the Parable of the Sower taught by Jesus in Matthew 13. Our entire focus is to assist men and women around the world prepare their fields for the best possible yield — the multiplied impact promised by Christ at the end of this illuminating parable.

Our services include:

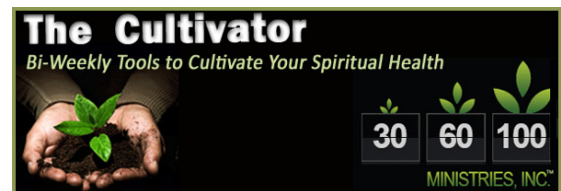
- Ministry and business as ministry leadership coaching and mentoring
- Individuals / Couples / Team Coaching
- Consulting
- Meeting Facilitation
- Strategic Planning workshops **(SP)[∞]** Strategic Planning to the *Highest Power*



BACK 40
BACKERS

• **BACK 40 Outreach** taking Spiritually Healthy Leader workshops to remote places around the globe

- **The Cultivator** bi-weekly e-Devotional
To sign up for **The Cultivator** visit
3060100.org



For more information, or to find out about having SHL workshops taught in your workplace or ministry, contact us:

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Spiritually Healthy Leader®

