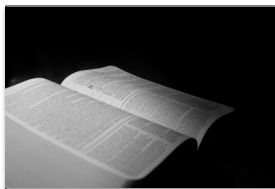
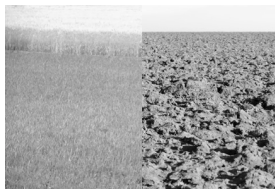


CULTIVATING MISSIONARY RESILIENCE THROUGH SACRED RHYTHMS



PRESENTER: NANCY BLANSKI
VENITE MINISTRIES



www.veniteministries.org

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

"...let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of our faith..."

Hebrews 12:1-2

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

Three Important Things to Give our Missionaries:

- **Permission** to craft their lives around sacred rhythms
- **Tools** to support them
- **Encouragement** to live into a lifestyle of sacred rhythms

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

PERMISSION



MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

Three Important Things to Give our Missionaries:

- **Permission** to craft their lives around sacred rhythms
- **Tools** to support them
- **Encouragement** to live into a lifestyle of sacred rhythms

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

Themes for Resilient Ministry

1. Spiritual Formation
2. Self-Care
3. Emotional and Cultural Intelligence
4. Marriage and Family
5. Leadership and Management

Resilient Ministry: What Pastors Told Us About Surviving and Thriving by Bob Burns, Tasha D. Chapman and Donald C. Guthrie

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

SPIRITUAL FORMATION

“My Children, with whom I am again in labor until Christ is formed in you.”

Galatians 4:19

“...the process of being conformed to the image of Christ for the sake of others.”

Robert Mulholland Jr.

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

RHYTHM: a strong, regular, repeated pattern

SACRED: connected with God, dedicated to God

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

SACRED RHYTHM

Personal

Flexible

Balanced

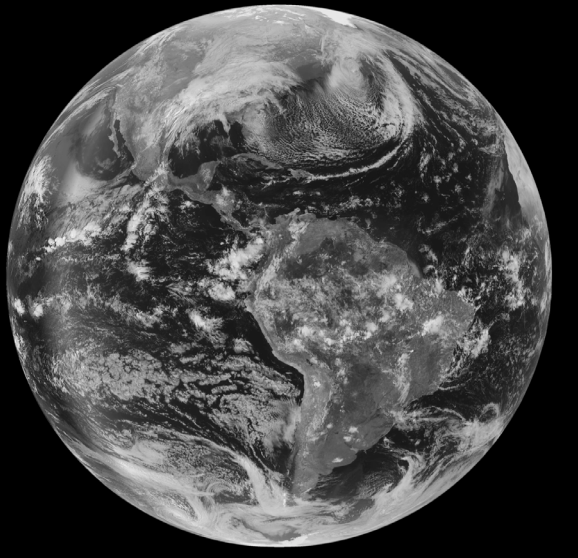
MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

WHY RHYTHMS ARE IMPORTANT

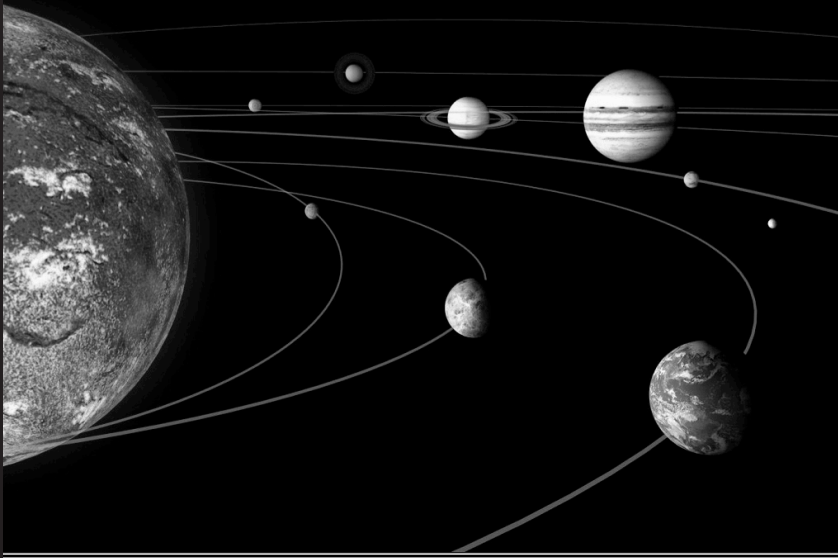
- Our lives depend on rhythms



MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms



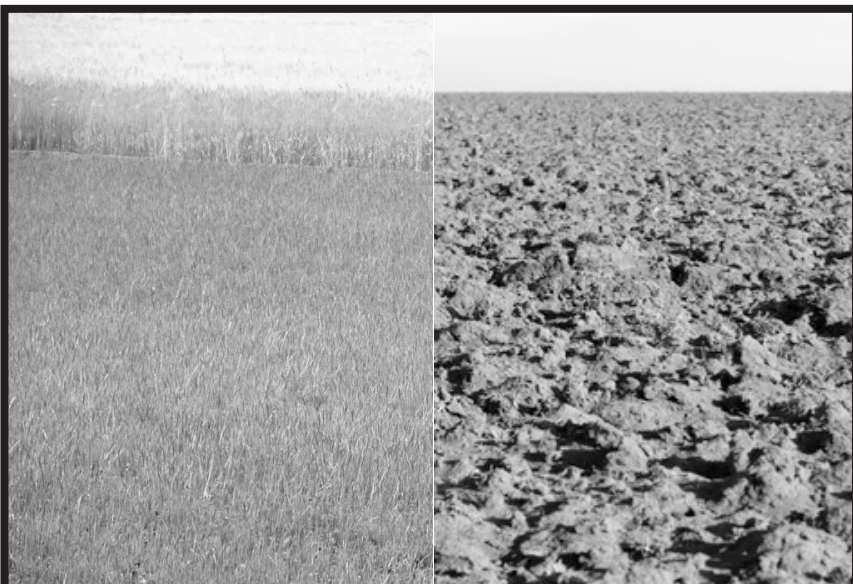
MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms



MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms



MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms



MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

WHY RHYTHMS ARE IMPORTANT

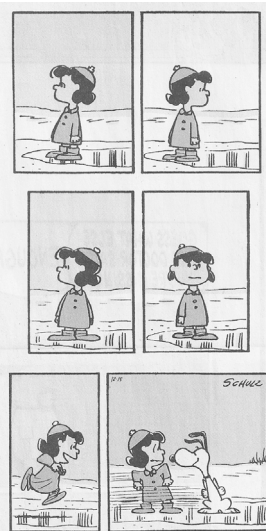
- Our lives depend on rhythms
- Jesus modeled rhythms
- Rhythms mediate grace
- Rhythms help discern God's voice

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

"Are you tired, Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30, The Message

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms



MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

“But I have calmed and quieted my soul,
like a child quieted at its mother’s breast;
like a child that is quieted is my soul”
Psalm 131:2

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

“The fact is there is nothing that we are doing that God could not raise up a stone in the field to do for him. The realization of this puts us in our true place. Though, lest we get knocked down by such a realization of our insignificance, let me hasten to add that there is one thing that we alone can give God...and that is our personal love. No one else can give God our personal love. This is our great significance.”

Basil Pennington

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

LOVE

LOVE bade me welcome; yet my soul drew back,
 Guilty of dust and sin.
 But quick-eyed Love, observing me grow slack
 From my first entrance in,
 Drew nearer to me, sweetly questioning
 If I lack'd anything.

'A guest,' I answer'd, 'worthy to be here:'
 Love said, 'You shall be he.'
 'I, the unkind, ungrateful? Ah, my dear,
 I cannot look on Thee.'
 Love took my hand and smiling did reply,
 'Who made the eyes but I?'

'Truth, Lord; but I have marr'd them: let my shame
 Go where it doth deserve.'
 'And know you not,' says Love, 'Who bore the blame?'
 'My dear, then I will serve.'
 'You must sit down,' says Love, 'and taste my meat.'
 So I did sit and eat.

George Herbert 1593–1632

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

Three Important Things to Give our Missionaries:

- **Permission** to craft their lives around sacred rhythms
- **Tools** to support them
- **Encouragement** to live into a lifestyle of sacred rhythms

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

PERMISSION

- ~ Do you feel like you have sufficient spiritual rhythms in your life?
- ~ What robs you of time with God?
- ~ How does technology impact your time with God?
- ~ What is restful for you? Refreshes you?

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

TOOLS

- Rule of Life –

ora et labora (prayer +work)

- ~ roles
- ~ responsibilities
- ~ callings
- ~ desires

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

“Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out.”

Romans 12:1-2 The Message

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

MORE TOOLS

- Spiritual Pathways Assessment
- Spiritual Disciplines Options/Information
- Personality Assessments
- Books and Sermons

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

ENCOURAGEMENT

- Communication: "How is it going?"
- Offer to help
- Ask them to consider stages of faith
- Retreat in a Box

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

"It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for He gives to his beloved even in their sleep."

Psalm 127:2

"But as for me, the _____ is my good;
I have made the Lord God my refuge, _____ I
may tell of all Your works."

Psalm 73:28

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms

THANK YOU!

Contact Information:

NANCY BLANSKI

nancy@veniteministries.org
(952) 929-4383

MC2 2014 Cultivating Missionary Resilience through Sacred Rhythms