


# Developmental and Physical **Holistic Care:**

Personally, Professionally, and the  
Muddy In-Between

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# The Power of Overstories

What's your overstory of  
God?

What's your overstory of  
change?

What's your overstory of  
health?

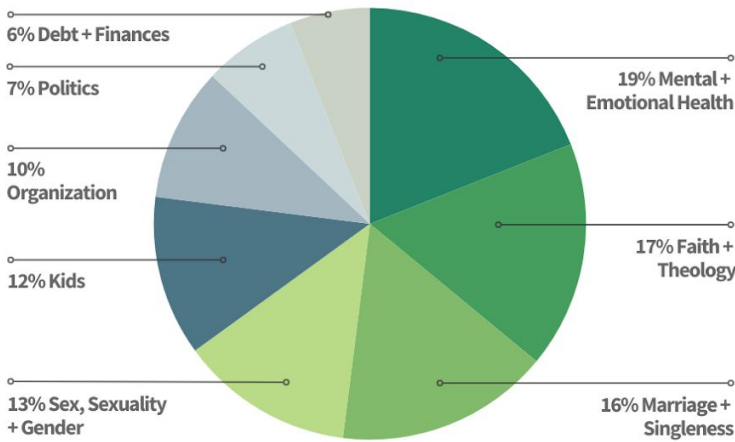


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SURVEY QUESTION:

"If my supporters, organization, or sending fellowships knew this, it might jeopardize me being on the field or in my support role."

**What is your *this*?**



19% Mental + Emotional Health

17% Faith + Theology

16% Marriage + Singleness

13% Sex, Sexuality, + Gender

12% Kids

10% Organization

7% Politics

6% Debt + Finances

# Overstory of God

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

Genesis 1:1-2 ESV

Formless  
Empty



# Overstory – Beginning to End

- Exodus 28, 31
- Job 38-41
- Psalm 78
- Psalm 148, 150
- Revelation 2



# Overstory – Beginning to End

- Burning bush
- A talking donkey
- Manna from heaven
- A prophet lying on his side for weeks
- 10 plagues
- An ark
- A temple



# Overstory – Beginning to End

- A widow's might
- A baby in a manger
- A small lunch
- A coin in a fish's mouth
- Parables and stories
- Withered fig tree and flipped tables
- Armor of God
- Body of Christ



## Overstory God is a God of:

- Order
- Details
- Outside the box
- Creative
- Specific
- Processes
- Kingdom mindset



# How is this overstory of God seen in Developmental and Physical Care?

How is it seen in the full, holistic care of global workers?



## 4 Case Studies

- Kyle
- Amanda
  
- Bethany
- Josh



Stand at the crossroads and  
look; ask for the ancient  
paths,  
ask where the good way is,  
and walk in it, and you will  
find rest for your souls.

Jeremiah 6:16



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## Transitions and Triple Threats

- **Self** – Fear of who you will become once you transition into something else.
- **Relationships** – Fear of how your transition will affect those closest to you.
- **Community/Societal Norms** – Fear about the possible judgement this transition will evoke in your wider circles or culture.

# Transitions and Overstories

- **Self/Identity** – How does this impact how I see myself?
- **Family/inner circle** – How will my family and friends react to this change?
- **Community/Society** – What societal/community norms or blocks may threaten my choice?

## Example:

I can't leave the field because I could never imagine myself not being a missionary (**self/identity**), my team would never understand (**relationships**), and I would feel judged by my supporting church (**community**).



# Transitions, Identity and the 3 Lies

- I am what I have
- I am what I do
- I am what other people say about me



Henry Nouwen. <https://www.youtube.com/watch?v=dWmeQ9cKRVE>  
<https://rb.gy/gvqql8>

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## Kyle

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# Amanda

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What does developmental care look like for Kyle and Amanda?

How do we address problems?



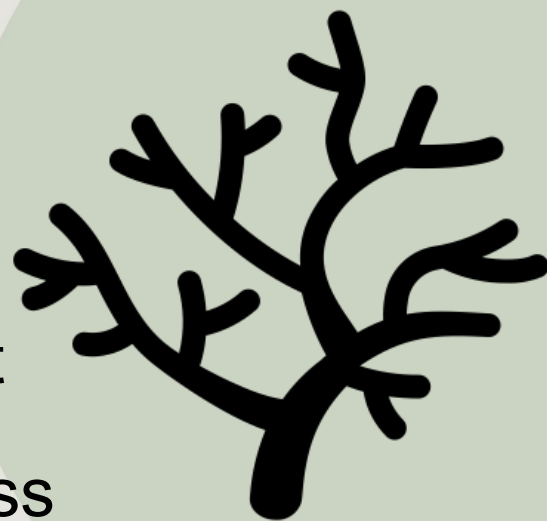
# Developmental Factors

- Stages of Life
- Identity/Purpose
- Single/Married
- Kids/Teens/College
- Sandwich Generation
- Empty Nesting
- Aging & Retirement
- Shifting Values
- Limiting beliefs



# Holistic Developmental Care Overstories

1. Know your self (Who Am I Really?)
2. Face your fears (What's holding me back?)
3. Define what matters (What are my Big Rocks?)
4. Engage a discovery process (What are the opportunities?)



# The 6 Pillars of Transition

- Psychological
- Purpose
- Personal
- Physical
- Parting and Passing
- Professional

“Some people fight transition all the way and bewail their fate, while others come to recognize that letting go is not defeat—that it may, in fact, be the start of a whole new and rewarding phase of their lives.”

-William Bridges, *The Way Of Transition: Embracing Life's Most Difficult Moments*

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## The Messy Middle of Holistic Physical Care

- ALL kinds of health – full body care
- Whole Story – the overstory of health



# Physical Factors

- Access to care
- Family size and needs
- Insurance
- Mental health
- Administration
- Finances
- Travel Details
- Maintain care
- Long-term care
- Assess – GYR Method
- Member Care ability



# How?

1. Get curious
2. Get creative
3. Ask questions
4. Lean into unique
5. One size does not fit all
6. Get trained and equipped



# Bethany

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# Josh

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# Remember:

There is not only

- One person
- One way
- One format
- One answer
- One story



# Remember:

Because of the overstory of God, we have permission to provide creative care in the developmental and physical lives of workers.



# Overstories

“Overstories *matter*. You can create them. They can spread. They are powerful. And they can endure for decades.”

Malcolm Gladwell



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