

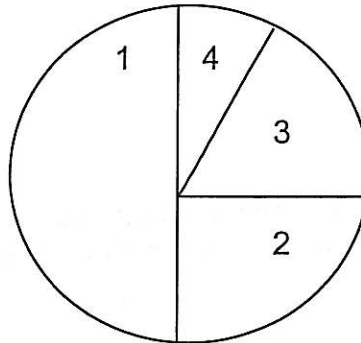
The Juggling Act of a Woman in Ministry

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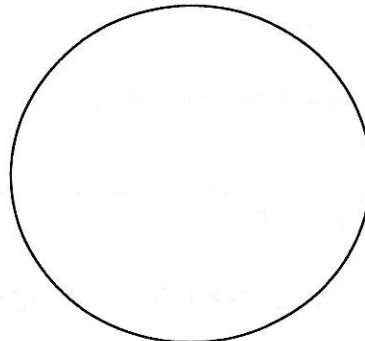
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Max DePree: "the first job of a leader is to define reality."

PERSONAL BALANCE CHART: Of your roles (ministry, myself, friends, and family), what is #1, 2, 3, and 4 in terms of how you spend your time and mental energy?



What is your ideal personal balance chart?



What does the lack of balance cost us?

1. We feel like we're going to _____.

Richard Swenson, Margin

- Margin is the amount beyond which is _____.
- We need margin in 4 areas: emotional energy, physical energy, time, and _____.
- If you can't handle an increase in demand of 10-20% in any of those four areas, you lack margin.

Flow is the precious space between _____ and boredom.

Not financial wealth but _____ wealth that leads to happiness.

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2. We wish away our current stage of life. If only...

3. We are dying.

Physically

Socially

Bill Hybels quote: "When I hope that the previous people in my life can exist without me, that's a sign of real trouble."

Mentally

Spiritually

We miss out on the 2 disciplines key to spiritual formation:

What does this have to do with ministry?

We are human _____, not human doings.

What helps us move closer toward our new ideal?

Henry David Thoreau: "There are a thousand hacking at the branches of evil to one who is striking at the root."

If God is the great I AM, that means I am the great _____.
Exodus 3:1-15

Balance will only be possible when we realize God is God, and I AM NOT!

We're halfway to balance when we ask the right questions!



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How can I experience balance for myself?

1. How do I _____?

What is play? According to Rob Johnston at The Christian at Play, play happens when you leave the real world behind and live only in the present moment.

What are your hobbies?

2. How do I _____?

- Sabbath is both a day and an attitude.
- Sabbath reminds us to stop trying to _____.
- Sabbath is a time to _____.
- Sabbath can be done on any day of the week.
- Sabbath is not an _____.
- Sabbath can only happen if you trust God.



What do you do on the Sabbath?

Mark Buchanan in The Rest of God: "The rest of God is not a reward for finishing. It is not a bonus for work well done. It is a sheer gift."

3. How do I get time with _____?

We can be _____. Or we can be _____. But we can't be both.

How can I experience balance in my ministry?

1. How can I better respond to the _____ that throw me out of balance?

Phone? Meetings? Hurting people? Disappointed folks? Emails?
Or is the the I AM?

What boundary RITUALS do I need that will bring balance?

2. What do I say _____ to when I say _____?

One to one comparison. Prep time.

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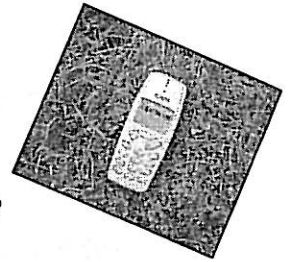
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3. What's the best leverage of _____?

What can only I do, and what can I empower others to do?

Comp time?



STOP AND REFLECT: In each of the first two categories, what is the best question you need to wrestle with until you pin down some answers? Circle one in each category.

How can I experience balance in my family?

1. How can I develop the _____ our family needs?

Afternoons, answering machine, cell phone, 2/3 days

2. How do we decide our schedule as a family?

Parameters or process.

3. How do I help my husband pursue his _____?

How can I help him be the man in ministry he's called to be?

How can I experience balance with my friends?

1. What specific relationship traditions do I need to keep?

2. How do I get the _____ I need?



STOP AND REFLECT: In the last two categories, what is the best question you need to wrestle with until you pin down some answers? Circle one in each category.