

What Fills and Drains You?
Pastor Josiah
02-05-2024 – Pastors Meeting

Intro:

Addressing mental exhaustion – if we are going to run the race, we need to be able to identify when we are tired.

Author of Illustration: Church of 1120 Florida

1. Observation

- a. Moral failure is led by being too tired for too long.

The different levels

Tired – treatable

Exhausted – if you don't stop you won't make it.

Moral failure/ You Quit – Drained and hopeless.

3 Patterns of Pastors Leading Large Churches

1. No Hobby
 - a. Solution: Get a hobby (family is not a hobby)
“If you work your mind you should rest with your hands, if you work with your hands then you should rest with your mind.” - Rick Warren
2. No real Friends
 - a. You need friends who are in your business and who love you.
 - b. When you are around people you like... they fill you...
3. No Local Accountability
 - a. They had accountability... but they were not IN your life. They didn't know about your marriage, your friendships, your ministry.

Have local elders speak into the church, your family, and different ministries.

Exercise/ Challenge:

- A. Ask yourself... Who/ what fills you and who/ what drains you?
- B. Divide into ministry and people categories.

(If your “drain” list is longer than your “fill” list, then you need to change something.)

Harvest/ Mobilization

4 main things to focus on

1. Sunday Experience
 - a. Evangelistic service
 - b. What is your faith goal? Are you challenging people?
 - c. Big Sundays/ Invite Culture
2. Life Groups
 - a. Discipleship/ relationships
 - b. Over 50% increase in Life Groups
 - c. “Do you have an apprentice?”
 - d. Are you present for your life groups?
 - e. How many apprentices do you have for those groups?
3. Next Gen
 - a. Student Ministry
 - b. Kids – Quality and safe
 - c. Youth – Quality and safe
 - d. Young adults
4. Compassion

- a. Create an area of ministry that ministers to people outside the walls of your location.
 - i. Pick three areas.
 - ii. Push for others to get involved.
- b. If compassion is not a part of your Next Gen ministry, then they will leave.
- c. Celebrate what you are doing!
- d. Partnership opportunity with Pastor Mike or Abel.
 - i. [Email Pastor Mike](#)
 - ii. [Email Abel](#)

Have a great February and we are praying for all of your ministries, your location, and you!