



## Crafting A Rule Of Life

### Group Discussion Guide on Lesson 3

**Meeting:** Zoom or in person (adjust as needed)

**Goal:** To help pastors process Lesson 3

**Length:** 60 mins discussion and ministry guide (please add extra time for meals, announcements, worship, fun activity, etc...)

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**Announcements** (5 mins): Discussion Leader shares a few reminders

- Complete the pastoral health assessment. A coach will be reaching out with the results and to go over the assessment. A reminder that the assessment is private and VUSA will only have access to larger themes and patterns for regions for the purpose of greater training and resourcing in the future.
- Encourage the leaders to keep the self-pace of the material up and recommit if they have fallen behind. Discussion leader shares about how they observe the team engaging in the work over the previous months – are they participating? Is the leader encouraged by the small wins?

**Opening Reflection** (10 mins)

Let's process a bit of the work we are starting to do together...

Can someone tell us the theme of Lesson 3? (Rule of Life: Life with Relationships. Invitation to Trust. Spiritual Practice: Spiritual friendship)

- 1.) Think back to starting in ministry. Maybe we were teenagers or young adults or found a 2nd career later in life. What did that younger man or woman think that ministry was going to be like? The responsibilities? How did you think people would treat you?
- 2.) This lesson references the idea of transference affecting pastoral leaders. Did everyone read the article? Has anyone ever experienced a situation where transference was happening to you? Ask a few people to share what happened.
- 3.) How have you found ways to process the losses of relationships in ministry? Or the grief of betrayal/transference? This has a tremendous impact on our ability to confidently lead. What types of support, resources, or people have helped in healing from these wounds?

### **Closing Reflection** (10 mins)

Encourage a meditative posture. Read the scripture over the leaders and encourage them to hear the Lord's voice for themselves in it. Wait for a few minutes in silence and then lead into ministry.

Psalm 59:9-17

*You are my strength, I watch for you;  
you, God, are my fortress,*

*my God on whom I can rely.*

*God will go before me  
and will let me gloat over those who slander me.*

*But do not kill them, Lord our shield,[d]  
or my people will forget.  
In your might uproot them  
and bring them down.*

*For the sins of their mouths,  
for the words of their lips,  
let them be caught in their pride.  
For the curses and lies they utter,*

*consume them in your wrath,  
consume them till they are no more.  
Then it will be known to the ends of the earth  
that God rules over Jacob.*

*They return at evening,  
snarling like dogs,  
and prowl about the city.*

*They wander about for food  
and howl if not satisfied.*

*But I will sing of your strength,  
in the morning I will sing of your love;  
for you are my fortress,  
my refuge in times of trouble.*

*You are my strength, I sing praise to you;  
you, God, are my fortress,  
my God on whom I can rely.*

## **Ministry** (15 mins)

A few ministry prompts...

- 1.) Pray for the pain of betrayal and the way it has impacted different folks in the room. Some may have taken “bullets” directly and are currently involved in a situation. Come around them and spend some extended time praying over them.
- 2.) Pray for bivocational pastors and their ability to build/recruit a team around them to be healthy and thrive.
- 3.) Financial blessing for folks struggling personally and with their church.