

THREE KEYS TO

SPIRITUAL RESILIENCE IN YOUTH MINISTRY

Failures, disappointments, crises, and tragedies require a level of resilience from us, if we are going to continue moving forward. Hardships are inevitable, but there are steps we can be taking now to become people who thrive in the face of adversity. Today on the podcast, we're joined by Tommy Nixon, CEO of the Urban Youth Workers Institute, who brings us three keys to developing greater spiritual resilience.

1 REEXAMINE YOUR THEOLOGY.

We may never say this out loud, but it's easy to find ourselves practically living out a theology that assumes our standing with God and our success is entirely dependent on us. We need a healthy theology of .

... **Work.** This means that God calls us simply to create and work with us.

... **Suffering.** This means that we can suffer with others and run back to God when this suffering is overwhelming.

... **Presence.** This means that we can only experience our most abundant life when we are living in the presence of God.

2 REEXAMINE YOUR RHYTHMS.

When we accept who God is and the fact that God wants to work with us, then we don't have to worry about proving how hard we work. We are co-creators with God and this title gives us permission to rest and to take care of ourselves. The kingdom of God is not constrained to our work or our ministry. The kingdom of God exists in our homes, in our rest, and in the rhythms we establish to stay physically, emotionally, and spiritually healthy. Everyone around us benefits when we are healthy. We will love people better when we are well taken care of.

3 REEXAMINE YOUR ORGANIZATION.

Your primary job as a leader is to help everyone on your team to become all that they were created to be! Too many leaders function as though their team is there to help the leader do what the leader is created to do. On the contrary, great leaders exist to help others succeed. For those of us who aren't the primary leaders, we still have the responsibility to lead up by modeling a healthy theology that leads to healthy rhythms.

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