

A photograph of a large, blossoming pink tree, likely a cherry or plum tree, standing in a green field. The tree is in full bloom with many pink flowers. The background shows a blue sky with white clouds and distant mountains.

# **SURVIVE AND THRIVE**

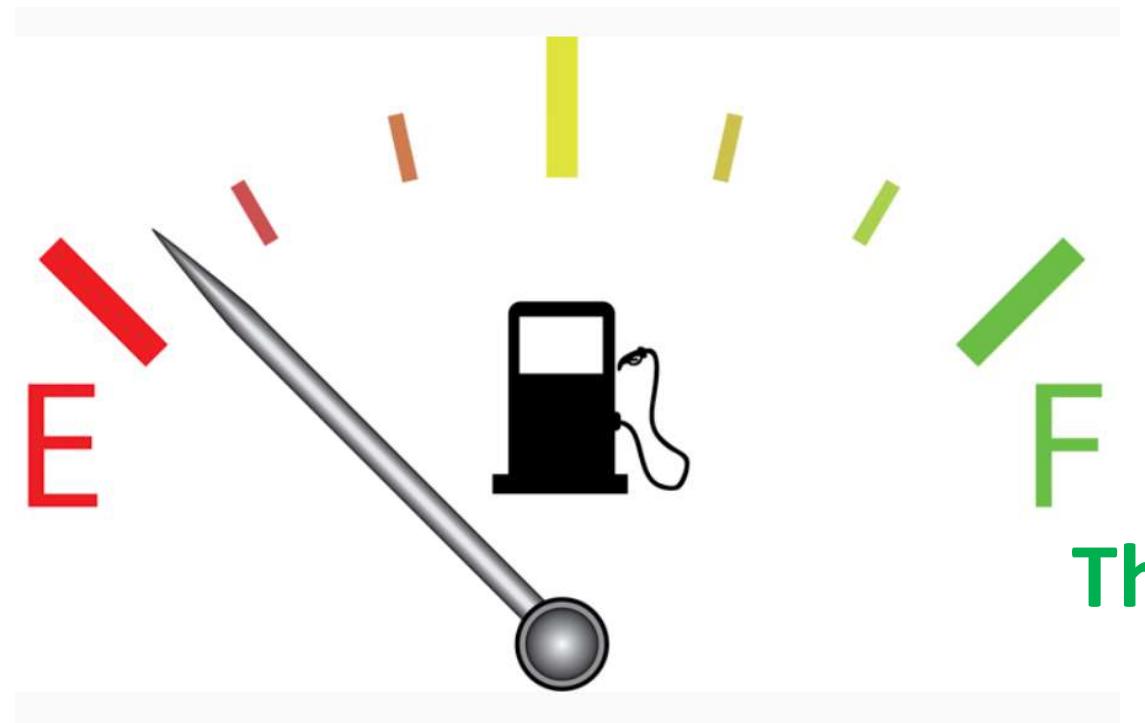
Foundations for lifelong  
thriving in our calling and  
how to avoid burnout.

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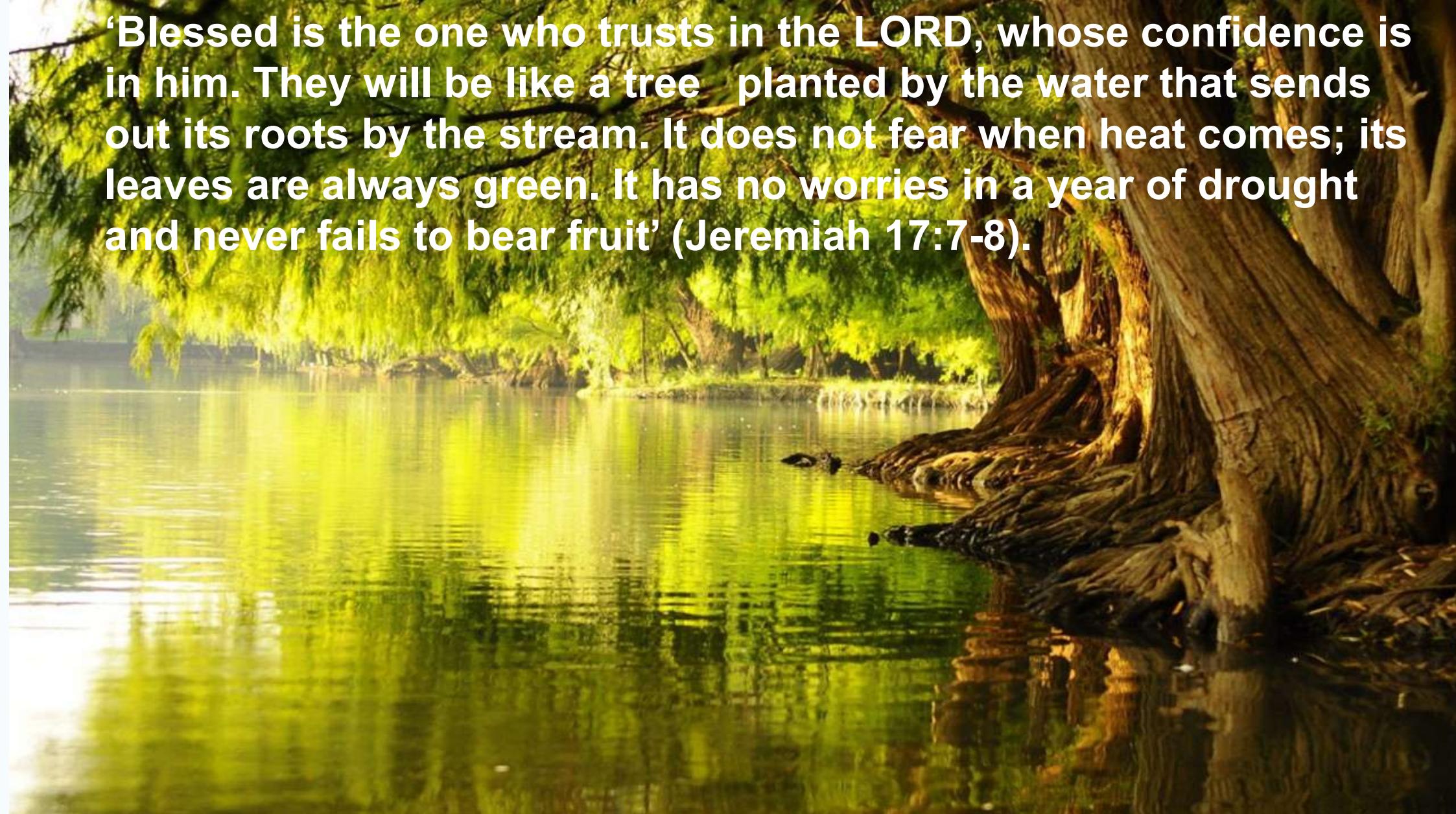
# Surviving

# Burnout

# Thriving



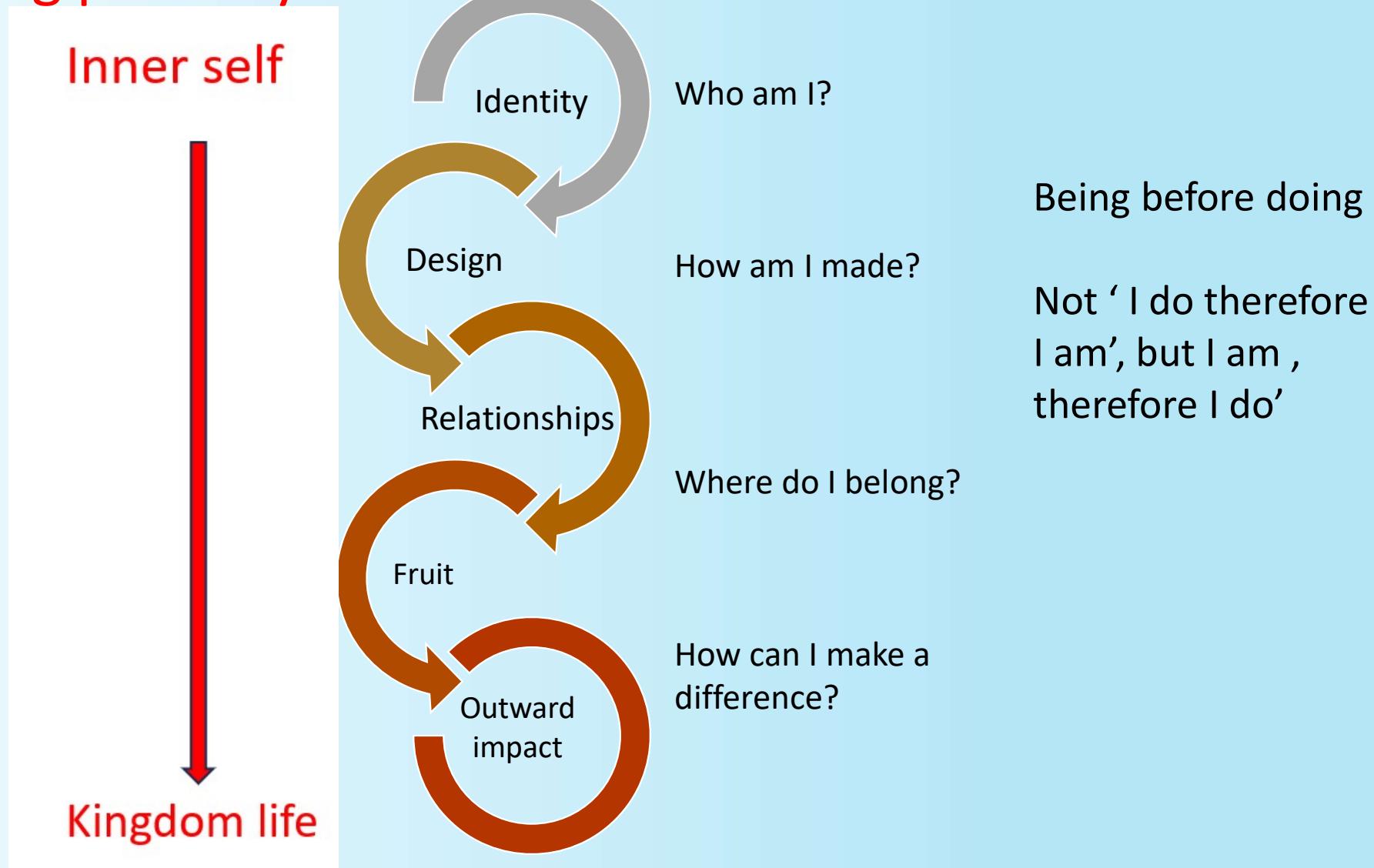
**‘Blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit’ (Jeremiah 17:7-8).**



## **Thriving means:**

- Having a source to draw on
- Resilience and stability in difficult times
- Lack of staleness,
- Continual renewal and growth through the years
- Lifelong fruitfulness
- Energy to serve others
- Freedom, joy in being yourself

# The thriving pathway



# Identity



If someone asked you 'who are you?' what would you say?  
How do you see your identity?



Our primary identity and the foundation of our thriving is as a beloved son and daughter of God

# Key building blocks of Christian identity

- Knowing God as a generous, loving and ever-present father
- Resting in His loving care
- Knowing that he works for you
- Confidence in His favour
- Knowing you are treasured and are made to be a blessing

# Cracked foundations



## Cracks in our foundation:

- Performing for love or approval
- Selfish motives
- Viewing self as broken
- Slave mentality
- Fractured relationships with God and others
- Striving, stressed
- Self-reliance, no-one to help

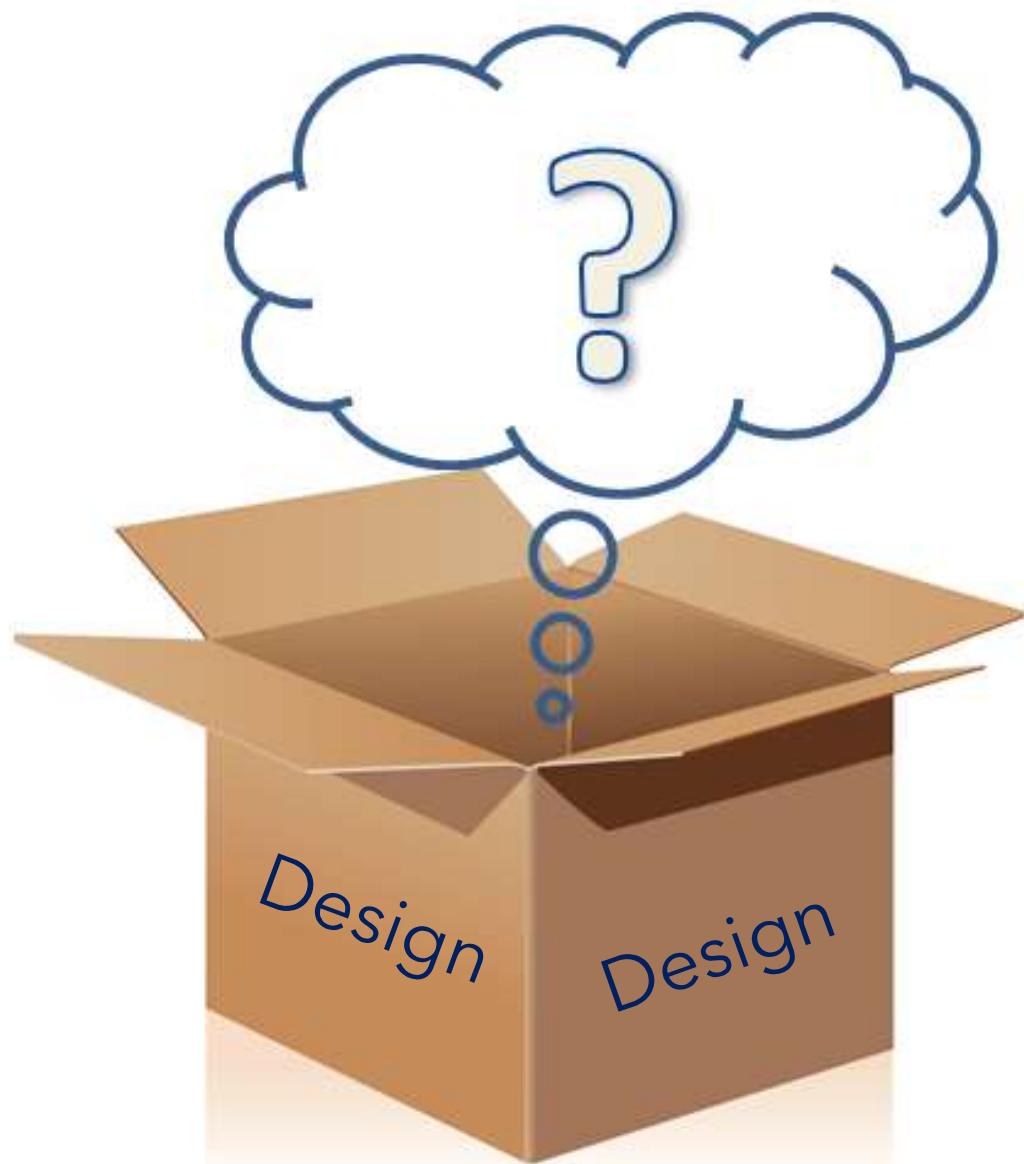
## Identity Language

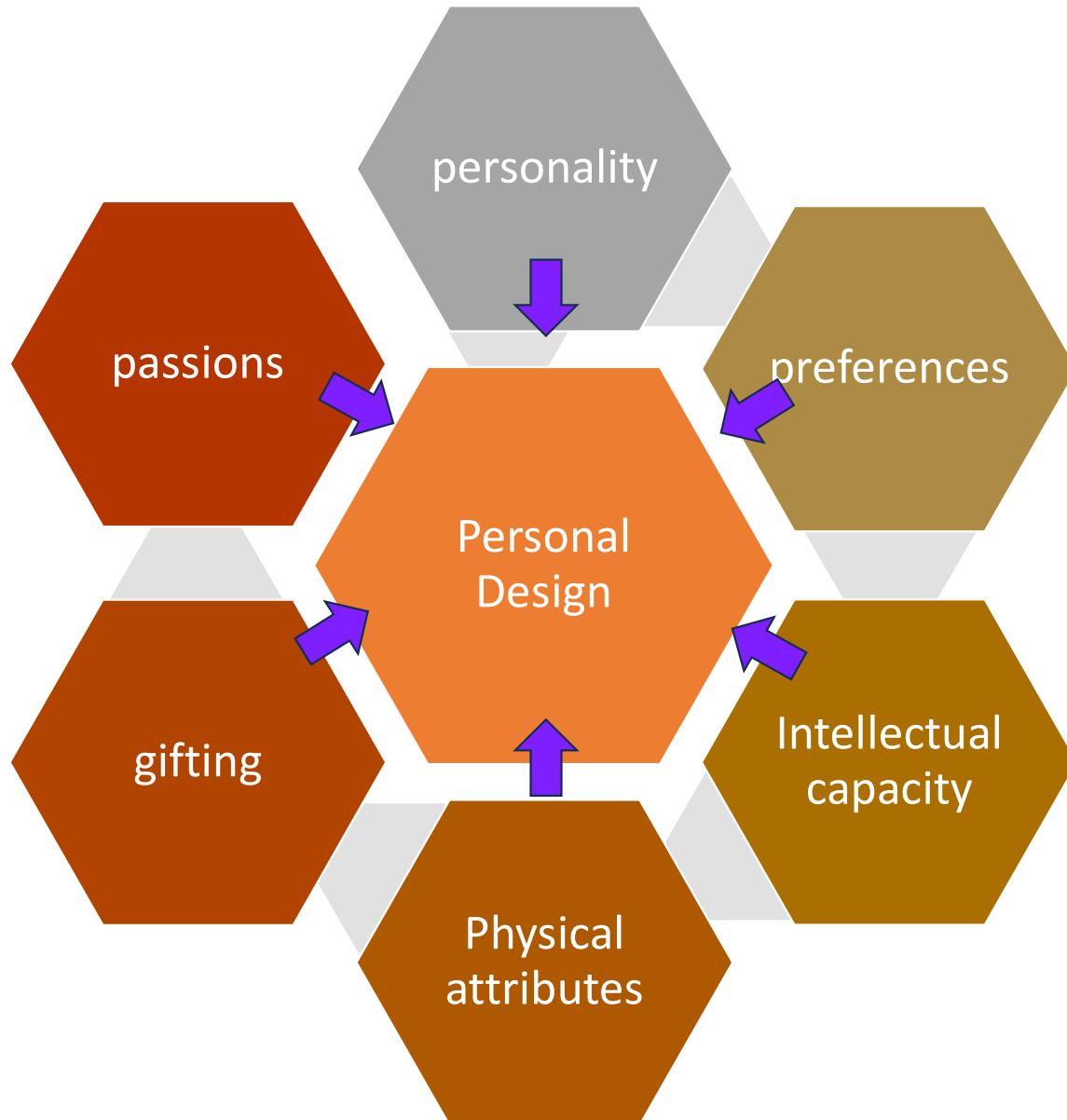
Shaky foundations	Firm Foundations
It's all up to me	It's up to God
It's all up to you	I can trust God and others
I can't trust others	I am a favoured child
I'm too broken for God to use me	God's plans are good
People like me never get a break	I'm excited about what is next
This is all there is for me	I don't have to know all the details
I worry because I don't know the way ahead	I'm open to future possibilities
I must earn approval from God	God has made me whole
I need approval from you	I am accepted in Jesus



Personal  
design and  
thriving

**If you had a box  
labelled 'design',  
what words  
would you put in  
to describe  
personal design?**





Ps 139:14

I will praise You, for I am  
fearfully and wonderfully  
made;  
Marvelous are Your works,  
And that my soul knows  
very well.

Ephesians 2:10

“For we are God’s  
handiwork, created in  
Christ Jesus to do good  
works, which God  
prepared in advance for us  
to do.”

**'The extraordinary  
is hidden in the  
ordinary'**

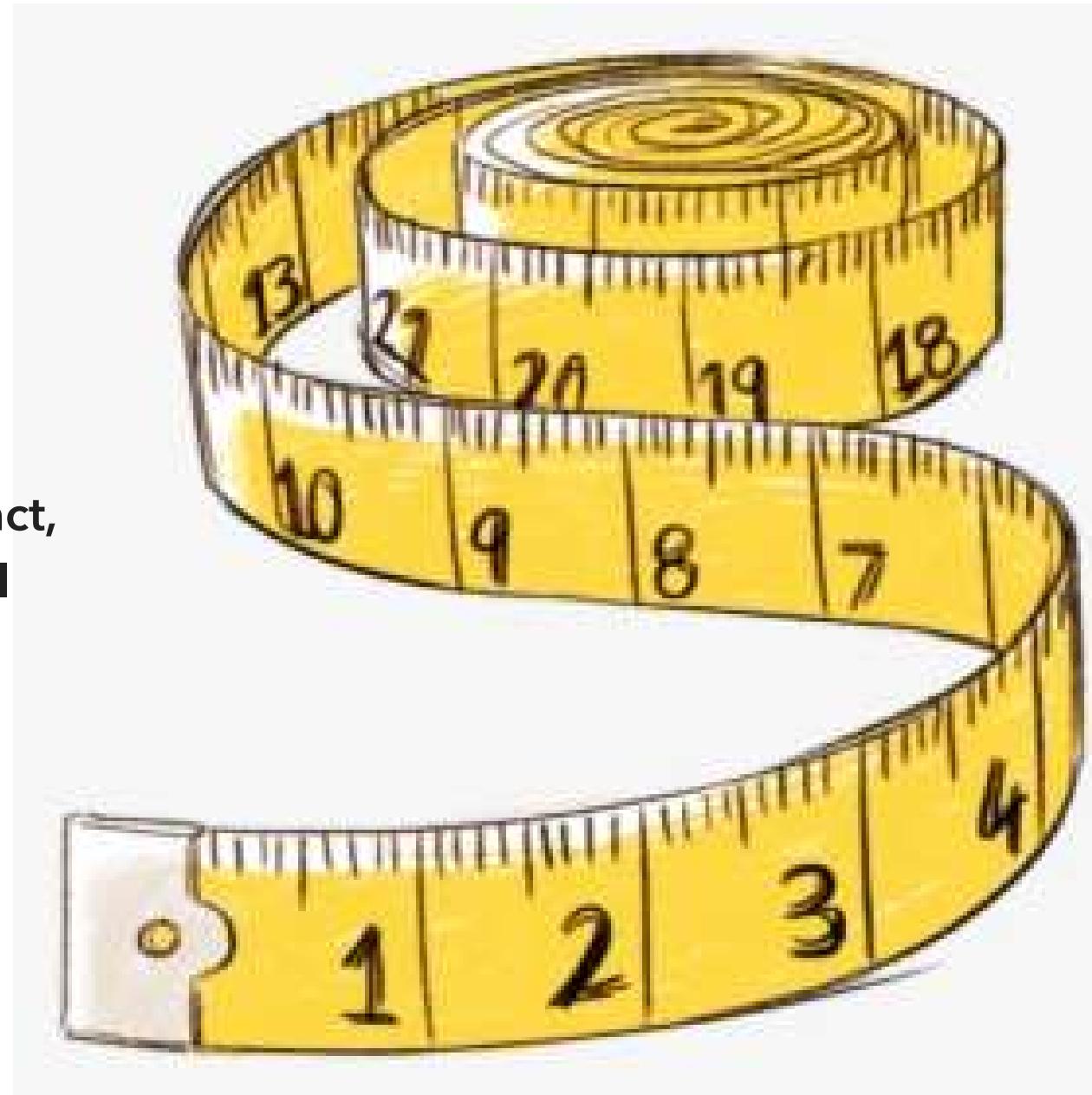


# Invest in your strengths



# Discovering Design

- Ask others: What do you see in me, what do I bring?
- Ask yourself: how do I tend to act, what give me energy? What do I love doing?
- Where do I thrive, where do I nosedive?
- Use surveys - all useful - DISC, Strengthsfinder, Myers Briggs



## Practical work - Identity and design



**Get into pairs — choose someone to ask the questions and someone to share. You can always ask further questions to help you understand what the other person is saying and seeking to understand them. But are not allowed to give advice. Rather try to listen without comment, seeking to understand them. Then pray for the other person.**

- Which part of this session (Identity in God, Your personal makeup) are you drawn to or see a need to embrace more of right now?
- What are the challenges for you here?
- Where do you sense God leading?
- What step/s could you take to move on in this area in the next month?
- How may I pray for you?

**Then pray your best prayer for them.**

# Connection and fruit

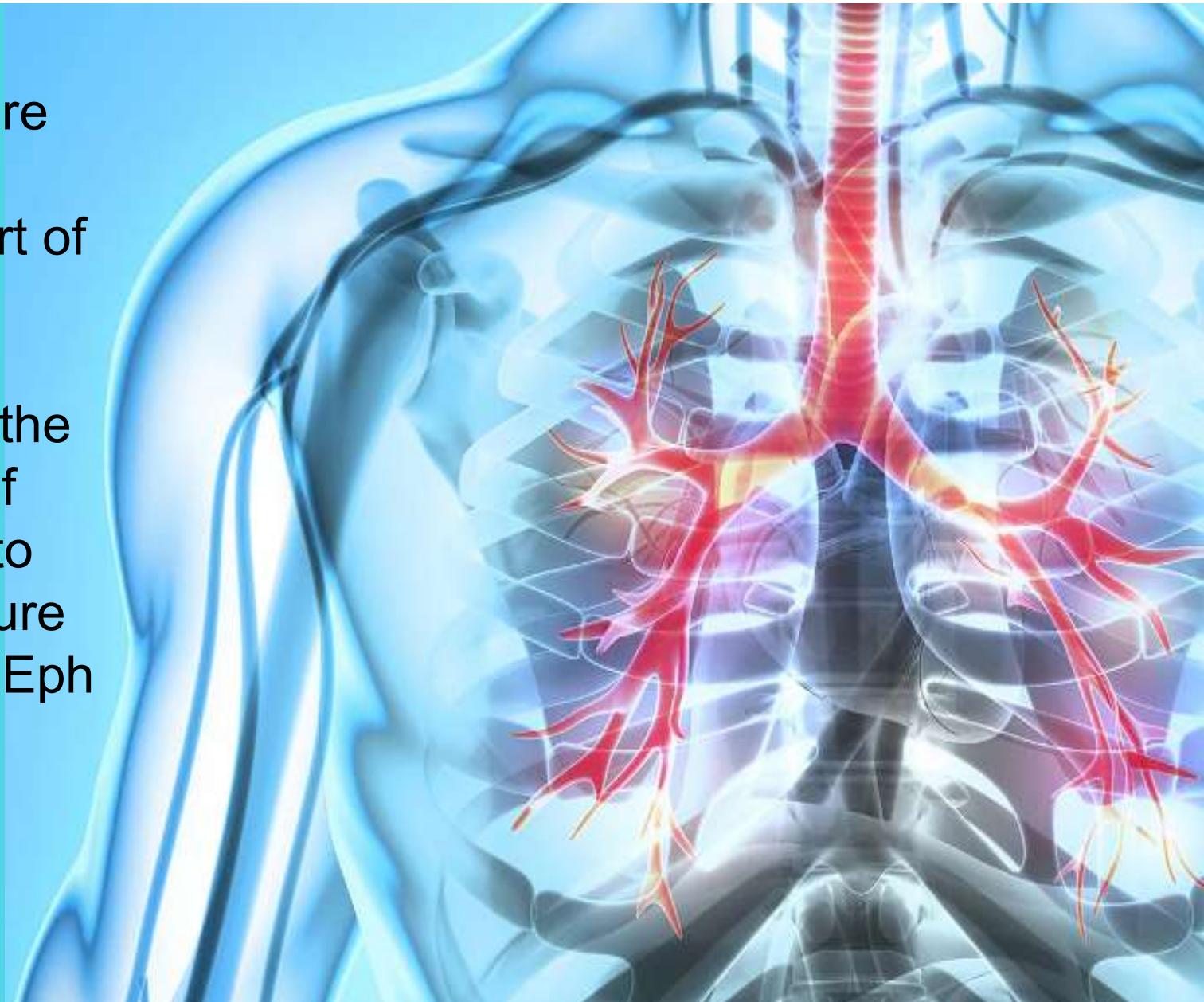


# Thriving is relational



1 Cor 12:27 'Now you are the body of Christ, and each one of you is a part of it .....

.. till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ Eph 4:13





# Fruit

| nourishment |  
| reproduction |

## Practical work - Community and Fruit

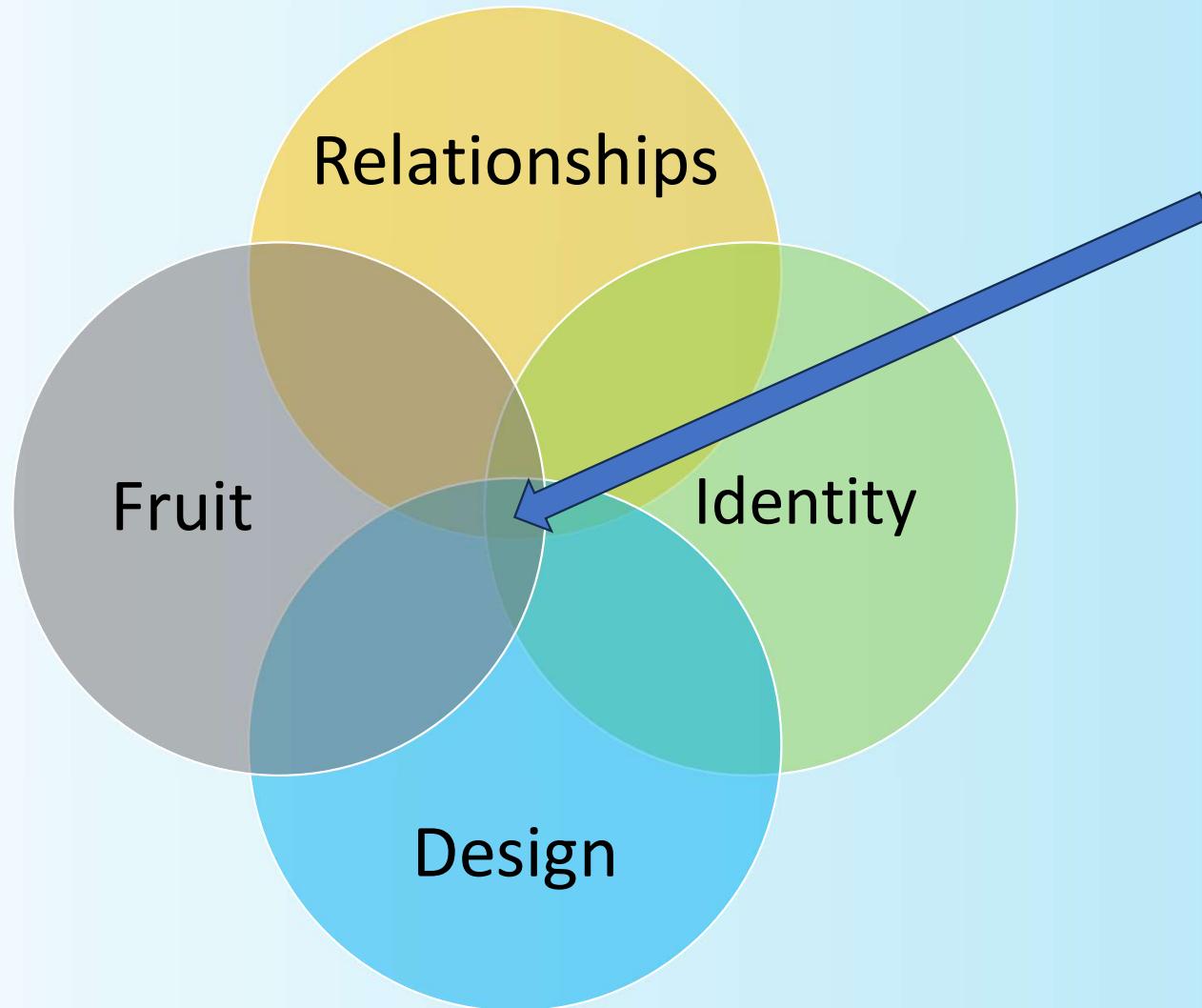
**Get into pairs — choose someone to ask the questions and someone to share. You can always ask further questions to help you understand what the other person is saying and seeking to understand them. But are not allowed to give advice. Rather try to listen without comment, seeking to understand them. Then pray for the other person.**

- Who or what brings out the best in you?
- What would others say they appreciate about you?
- Where do you see or in the past have you seen the most impact in the sense of benefit for others ( either within faith community or outside ) ?
- How can you build on that?
- How may I pray for you?



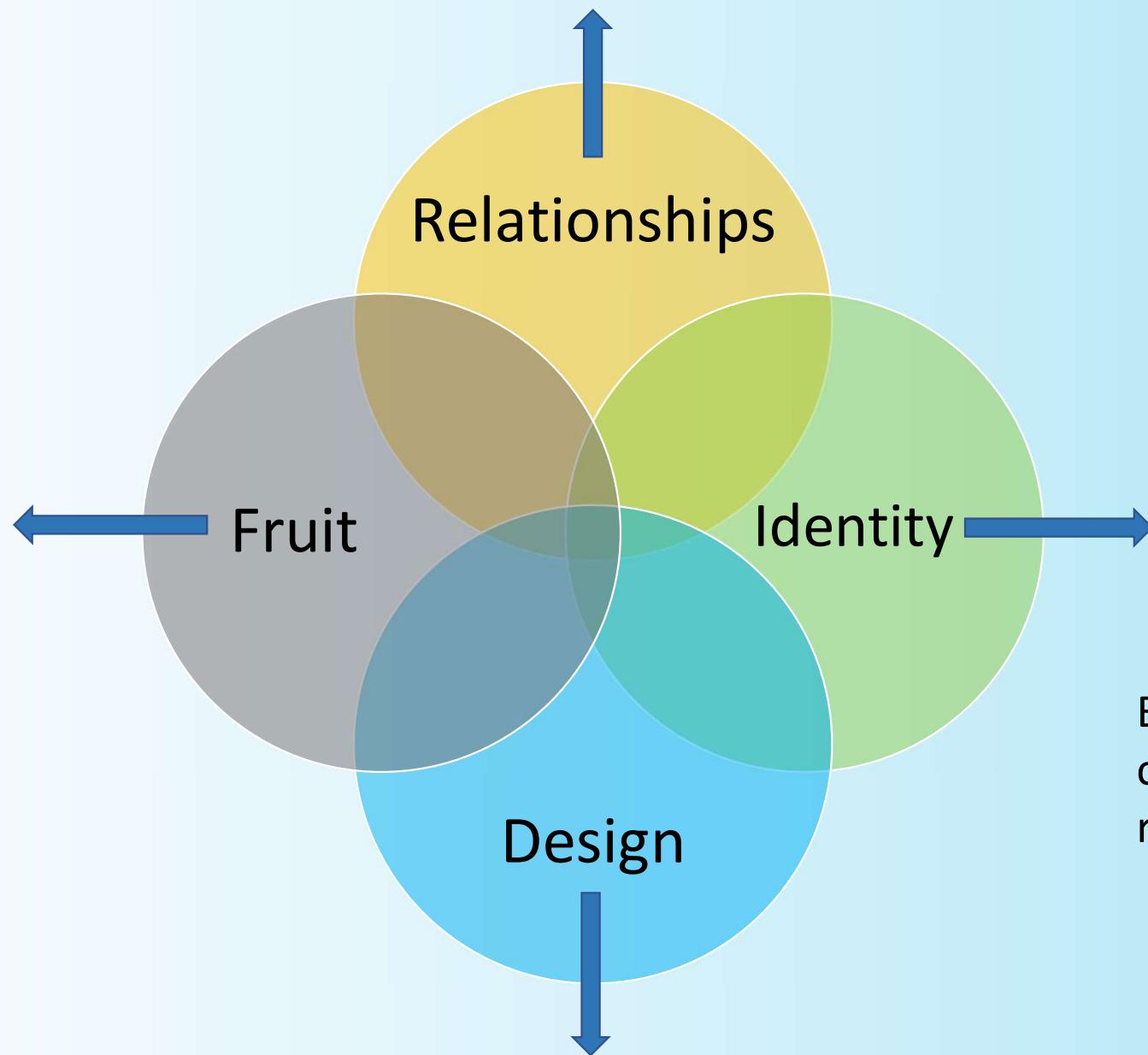
# Alignment – a recipe for thriving and effective discipleship





The overlap where we are secure in our God-given identity, connected healthily with others, where we see consistent benefit for others, and align our personality and gifting is where:

- we naturally thrive
- we are most effective for God's kingdom



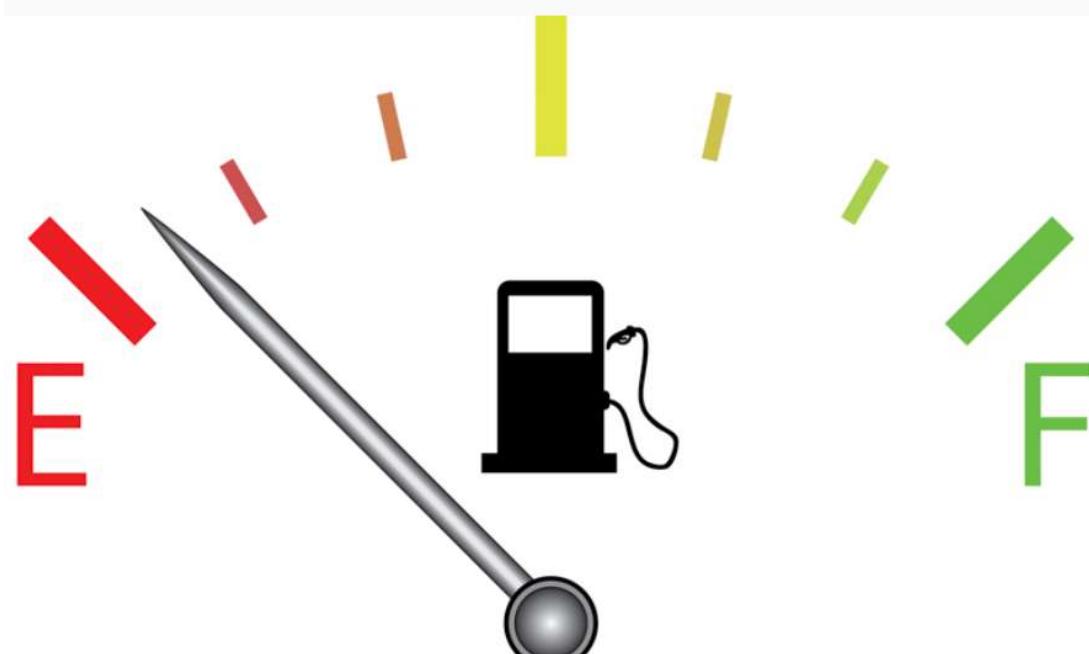
Beware the pull from the centre - emphasising or relying on just one aspect

Does this mean you  
will never feel tired or  
worn out? – no! we go  
through seasons

Surviving

Burned out

Thriving



## Watch the dashboard !



- Renewed energy
- Lost sense of time
- Sense of Joy and Freedom
- Continual Interest
- Ease and Rest
- Momentum

as opposed to

Feeling drained all the time  
Time dragging  
Feeling chained to the desk  
Staleness  
Continual striving  
Stalling

## Next steps

- Which part of your identity in God (resilience, thriving, lifelong fruit, feeling safe and secure) do you think needs some tending?
- What do you see as your God-given design, talents of gifts that you want to flourish more in?
- Which relationships are the most affirming and supportive?
- Where do you see fruit coming from your life?
- What would you want most to grow in and why?
- Who could help you?
- What would be one thing in these areas that you will do in the next six months to move forward?