

FIEC Leaders Conference Women in Ministry Seminar

"Sitting at the Shepherd's feet"

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Discussion

1. What reminds you every day that you are human? What have your limitations taught you?
2. What do you spend your day doing? Are you seen/ unseen? How does this affect you?
3. How can you be aware that you are choosing the work of your hands over the work of your heart?
4. How are you served by Jesus?
5. What does it look like for you to step into the hope that God has given you in Jesus?
6. What are the good things that God has given you that are counterfeit Gods?
7. How can you cultivate an "unbusy" heart for the areas God has given you to serve in for the sake of his kingdom? Can you pause and pray more like your hurried heart depended on it?
8. What would help you to grow in joy, effectiveness and longevity in ministry? E.g. imitate friendship, silence, good rest, self-care, daily rhythms of grace (morning, afternoon and evening).

Daily Spiritual Health Plan

Morning

Receive, read and respond

"As the day's worries surface and stir, fall into the word and prayer"

- What about God are you grateful for? (Psalm 8).
- What blessings are you grateful to God for? (Psalm 9:1).
- What prayers has God answered (Psalm 4:1).
- What one promise that God has given you in Christ? (2 Peter 1:4).

Recreate

- One thing you can remove today (better margins)
- One thing you are looking forward to (hopeful anticipation)
- One thing you can plan for today or for the future (organizational clarity)

Afternoon

Reflection

- Experience a moment of solitude (Mark 6:31)
- Reflect on a Scripture passage you read this morning
- Pray - praise God, thank him and offer a petition

Evening

Replenish your soul as you recount God's goodness

- What is one joy - physical, emotional, or spiritual?
- What is one low - physical, emotional, or spiritual ?
- What lies about yourself are you believing tonight? (1 Peter 2:9-10)
- What truth about God do you need to hold onto? (Psalm 103:13)

Rest

- What can you be thankful for tonight?
- What can you trust God for as you reflect on what remains unfinished?
- Before bed, pray a short prayer of adoration and confession.

Adapted from Ronnie Martin's chapter in "The Unhurried pastor" by Brian Croft