

**Reading:** 2 Timothy 2:1-7

**Topic:** Developing Healthy Ministry Attributes

**INTRODUCTION:** As we work and spend \_\_\_\_\_ being involved in ministry, we need to continue to develop healthy attributes that will make us more \_\_\_\_\_ in our ministries.

## I. HEALTHY SPIRITUALLY:

### **A. God Time Daily:**

1. One of the dangers of becoming involved in \_\_\_\_\_ is the danger of over commitment and then becoming so busy doing the \_\_\_\_\_ of God that we don't have time to spend with God. Lk. 10:40-42
2. When we become too busy to spend time alone with \_\_\_\_\_, we begin to lose our anointing and effectiveness in ministry and we may be very \_\_\_\_\_, but also very ineffective. Jn. 6:63
3. Furthermore, when we don't have time to spend alone in the presence of \_\_\_\_\_, we make ourselves vulnerable and open to \_\_\_\_\_ and temptation which could cause us to fall into sin. Mt. 26:40,41

### **B. Make Time:**

1. When it comes to our private \_\_\_\_\_ alone with God, we must plan it and schedule it or it will not take place because there are always many other \_\_\_\_\_ to do that will take up our time. Mt. 6:6
2. Time for prayer, reading the \_\_\_\_\_ of God and assembling with God's people are all important factors in our spiritual \_\_\_\_\_ and development. Eph. 6:18
3. Another spiritual discipline that is important in our spiritual \_\_\_\_\_ is the discipline of \_\_\_\_\_ where we deny the flesh so that it will not be always in \_\_\_\_\_ of us. Mt. 6:16-18

## II. HEALTHY MENTALLY:

### **A. Healthy Thinking:**

1. Whether we realize it or not, our thought processes contribute to the success or \_\_\_\_\_ of our effectiveness in ministry because our thinking is connected to our \_\_\_\_\_. Pr. 23:7
2. If we do not develop healthy and \_\_\_\_\_ thinking patterns in our lives, we will instead develop negative and faith defeating thinking patterns that will \_\_\_\_\_ our effectiveness in our work. Num. 13:31

### **B. Disciplined Thoughts:**

1. Unfortunately the world we live in is filled with a lot of \_\_\_\_\_ and the news media spends most of its time and space on \_\_\_\_\_ things so we tend to drift into that pattern in our thinking. Pr. 26:13-15
2. The Word of God gives a very concise recipe for healthy \_\_\_\_\_ and it takes discipline to put it into practice but it will transform an unhealthy thought process into a \_\_\_\_\_ one. Phil. 4:8
3. The Word of God commands us to fortify our \_\_\_\_\_ process with a deliberate and intentional act of \_\_\_\_\_ or arming our minds to defend it against intruders. I Pt. 1:13

### **C. Productive Thinking:**

1. We can choose to become productive in our \_\_\_\_\_ life and instead of being confused, defeated and floundering, we can become focused on a goal and a \_\_\_\_\_ that will lead us to accomplishing effective ministry in the Kingdom of God. I Cor. 9:26

### III. HEALTHY BODY:

#### **A. His Temple:**

1. When we lived in sin and served the \_\_\_\_\_, we didn't think or consider what we did with our bodies as we fulfilled the \_\_\_\_\_ of our flesh. Eph. 2:2,3
2. After we were born again and began to serve the Lord, we began to \_\_\_\_\_ that our body is now the temple of \_\_\_\_\_ and it is very important how we treat it. I Cor. 6:19,20

#### **B. Respecting His Temple:**

1. Since we live in and serve in our ministries in our physical \_\_\_\_\_, then our body needs to be kept in good condition to do God's work effectively:
  - a. Proper Food – There are many good tasting things to \_\_\_\_\_ that we can put into our mouths and into our body, but many of them can actually \_\_\_\_\_ the temple of God in the long run – deep fried foods, high fat, over processed foods, soda pop – all of which if only eaten sparingly will do limited harm, but if eaten on a regular basis can cause dangerous long term illness or even lead to death. Try to eat that which is healthy – whole grains, brown – not white, fruits and vegetables, etc.
  - b. Proper Rest – The human body is designed to work, but also to \_\_\_\_\_. Depending on your age, you need a minimum of 6-7 hours of sleep per night if you are an adult, and if you are an adolescent you should have more than eight hours per night. Also the Word of God states that one shouldn't work more than six \_\_\_\_\_ per week. Deut. 5:13,14 When we do not give our body the proper rest, it will eventually burn out or break down.
  - c. Proper Exercise – In our modern day society technology has given us so many conveniences that have changed us into a sedentary \_\_\_\_\_ that spends much time \_\_\_\_\_ and not moving around physically as we should. Studies have now shown that the lack of physical activity is causing harmful effects on our bodies. Again, it requires discipline on our part to get \_\_\_\_\_ and doing exercise, be it walking, running, jogging, using an exercise machine, etc.

**CONCLUSION:** We who are involved in \_\_\_\_\_ need to understand that our effectiveness in work is dependent upon having a healthy spiritual \_\_\_\_\_ that cultivates the anointing, a healthy mind that is subject to the \_\_\_\_\_ of Christ and will help us to operate in faith, and a healthy body – the temple of \_\_\_\_\_ from which to move and do the work of God.