

# WELLBEING RESOURCES



Life in ministry is rewarding. It is also challenging. As they preach, teach, counsel, and oversee ministry programs, ministry workers face unique pressures. Many feel the stress of being public people who are always on duty. Others are isolated, even though they are frequently around people.

Navigating these demands requires emotional and cultural intelligence, leadership and management skills, attention to one's own spiritual maturity, wise self-stewardship, and diligence to cultivate intimacy with one's spouse and growing dependence on Jesus.

At Geneva, we are committed to the holistic wellbeing of ministry workers and suggest these resources to guide them toward growth in these important areas.

## LEADERSHIP & MANAGEMENT

*Canoeing the Mountains: Christian Leadership in Uncharted Territory*, Tod Bolsinger.

*Leadership on the Line: Staying Alive Through the Dangers of Change*, Ronald Heifetz and Marty Linsky.

## EMOTIONAL INTELLIGENCE

*The Emotionally Healthy Leader*, Peter Scazzero.

## OVERALL PASTORAL WELLBEING

*Resilient Ministry: What Pastors Told Us About Thriving and Surviving*, Bob Burns, Tasha D. Chapman, and Donald C. Guthrie.

*The Flourishing Pastor: Recovering the Lost Art of Shepherd Leadership*, Tom Nelson.

## NAVIGATING CONGREGATIONAL SYSTEMS

*Bowen Family Systems Theory in Christian Ministry: Grappling with Theory and its Application Through a Biblical Lens*, Jenny Brown and Lauren Errington.

*The Leader's Journey: Accepting the Call to Personal and Congregational Transformation (Second Ed.)*, Jim Herrington, Trisha Taylor, and Robert Creech.

## MARRIAGE

*Married for God: Making Your Marriage the Best It Can Be*, Christopher Ash.

## CULTURAL INTELLIGENCE

*Cultural Intelligence: Improving Your CQ to Engage our Multicultural World*, David Livermore.