

# EMOTIONAL HEALTH IN A DYSFUNCTIONAL WORLD

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# A Small Quiz For Church Workers ...

1. Do you participate in regular, vigorous exercise? (yes or no)
2. Do you believe that you are a good pastor? (yes or no)
3. Do you attend artistic events regularly? (yes or no)
4. Do you use antacids less than once per month? (yes or no)
5. Do you trust nearly all your parishioners/ colleagues? (yes or no)
6. Do you almost always feel loved? (yes or no)
7. Do you maintain a weight normal for your age, height, gender? (yes or no)

**(Thanks to Lloyd Rediger, *Fit to be a Pastor: A Call to Physical, Mental, and Spiritual Fitness* and adapted from this work.)**

# A Small Quiz For Church Workers ...

8. Do you consistently take at least one day off per week? (yes or no)
9. Do you seldom think of leaving your ministry? (yes or no)
10. Do you feel normally energetic all day long? (yes or no)
11. Do you nearly always make decisions easily? (yes or no)
12. Do you consistently feel satisfied by your prayer/meditational exercises? (yes or no)
13. Do you seldom get sick? (yes or no)

**(Thanks to Lloyd Rediger, *Fit to be a Pastor: A Call to Physical, Mental, and Spiritual Fitness* and adapted from this work.)**

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- If you answered no to all thirteen, “seek help!”
  - If you answered yes to seven or more, you should take a serious look at those to which you answered no. For they likely show a concentration of fitness in bodily, mental, or spiritual areas.
  - If you answered yes to ten or more, you likely are functioning adequately.
  - If you answered yes to all thirteen, you are functioning beyond normal expectations and may be deluding yourself. In such a case, either be very thankful or review your capacity for insight.



The questions touch on the physical, mental, and spiritual aspects of fitness. Though they are general, each question indicates a cluster of health characteristics that are common. Answering “yes” to these questions does not make you fit to be a church worker, nor does answering “no” to most of them mean you are unfit. But thinking and praying about these issues may encourage you to review your physical-mental-spiritual health and fitness. (Rediger)



# THINK PREVENTION AND WELLNESS

It is not just treatment of disease (95% of our health care dollars)

But it needs to be much more prevention of disease

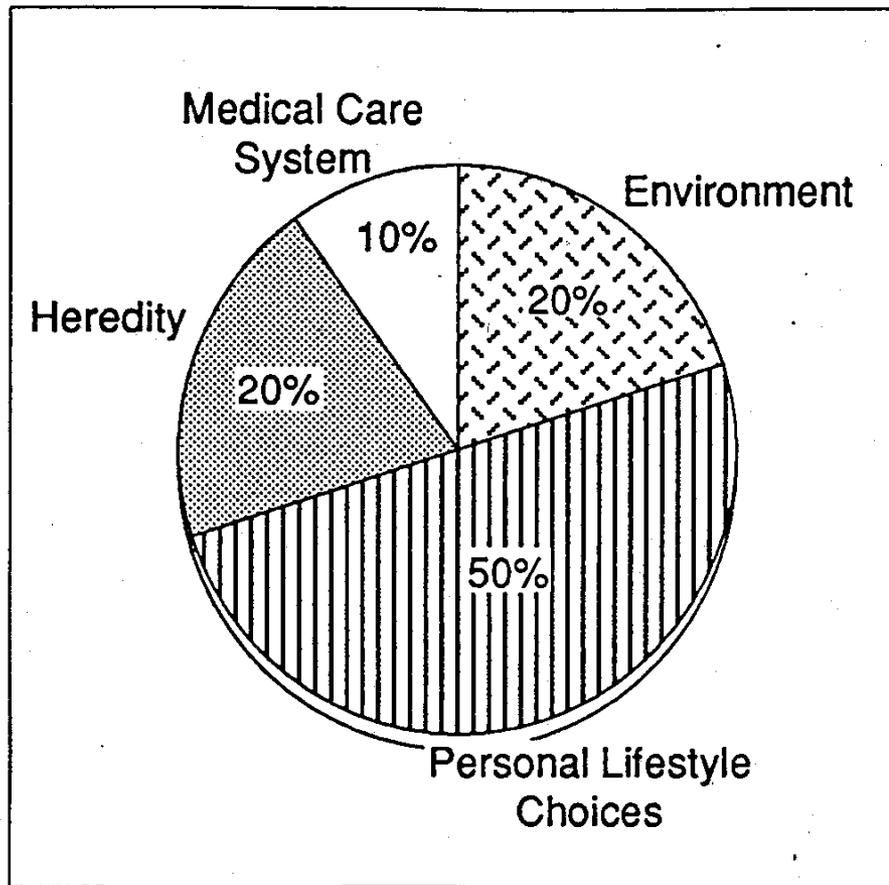
AND

Wellness attitudes and behaviors (only 5% of our health care dollars)



“The first law of health demands that we conform to God's law of regularity and that we cultivate regular habits of living. Modern conditions of life often make this difficult, and therefore so much more the determination in this respect is required. But it is worth the effort. We should rather seek to *prevent* illness than to cure it; rather to *preserve* health rather than to restore it. While illness is a result of sin and can therefore not altogether be escaped, yet much sickness is the result of neglecting the rules of health; hence it may to a large extent be avoided.”

J.H.C. Fritz, Pastoral Theology, p. 21, (*italics mine*)

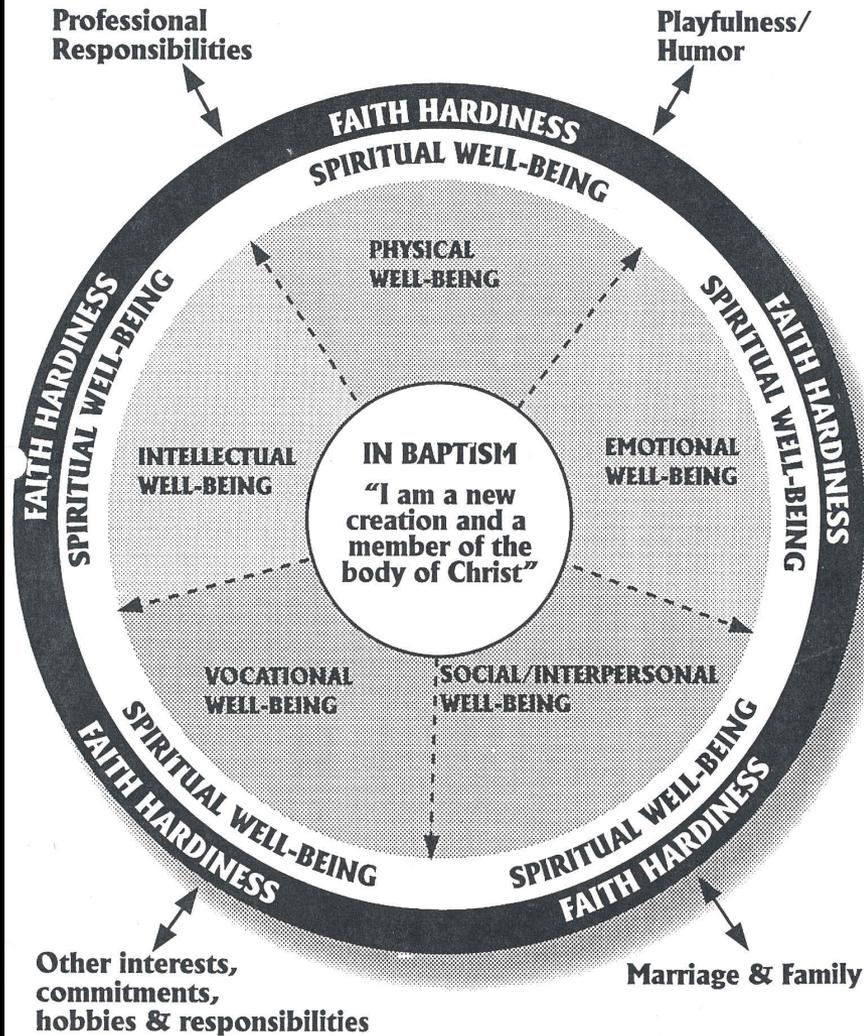


### **Sources of Health: "50% Factor"**

**Based on figures from the National Center for Health Statistics, Centers for Disease Control, and National Institutes for Health**

# "WHOLENESS WHEEL"

## MINISTERIAL HEALTH AND WELLNESS





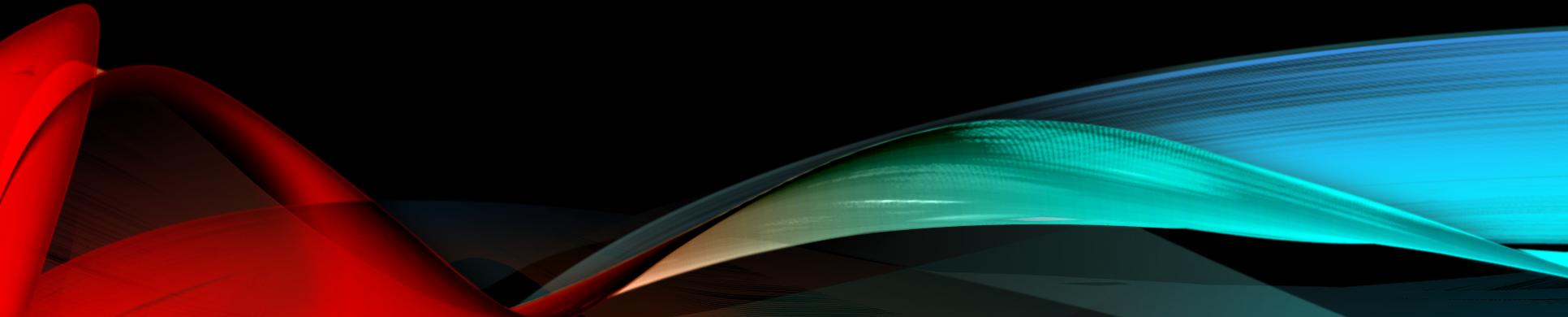
# Think Wholistically

Whole person attitudes and behaviors require  
big picture AND  
everything is interconnected and co-causal

# Hazards of Being a Worker of the Church

- Spiritual Attack
- Burnout
- Stress
- Secondary Traumatic Stress

STRESS



# How Would You Vote?

Stress is harmful and should be avoided, reduced, and managed?

OR

Stress is helpful and should be accepted, utilized and embraced?

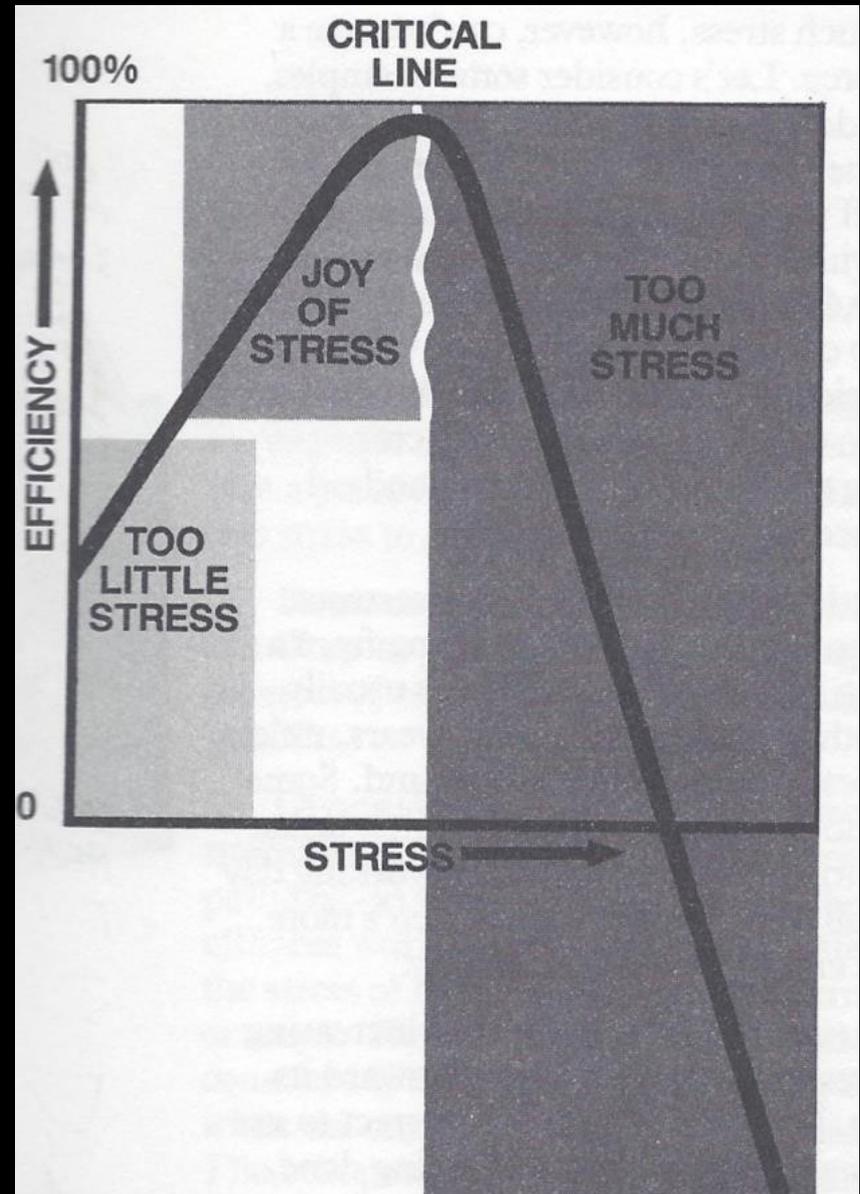


# Stressors – Friends and Opponents, Opportunities and Challenges

Stress is harmful –

Except when it is not.

Can Stress Be Good for You and Even Necessary?



# Can Stress Be Good For You and Even Necessary?

Do you agree?

“The researchers who have pinpointed the effects of stress also know that the way a person perceives stress and the way he copes with it can keep it from making him sick. Attitudes, beliefs, and perceptions can help keep humans well. ... Factors like optimism, faith, hope, and a good explanatory style can help overcome the devastating effects of stress.

“The Impact of Stress on Health” in Mind/Body Health, p. 75.

# Can Stress Be Good For You and Even Necessary?

Times have changed, at least in part –

“The stress response is great if you’re facing an acute stressor, such as an attacker. Before you even have time to think, your heightened alertness and impulse to fight or escape can save your life ... However, most people very rarely face these types of imminent threats. ... Far more common are the day-to-day challenges of resolving conflict, getting things done, paying bills, dating, and taking care of yourself and your family in a changing, challenging world. There are also psychological stressors, such as loneliness, uncertainty, failure, rejection, and threats to your health, security, and livelihood.”

# Even More So, Can Stress Help Us Grow?

This becomes one of the fundamental questions in dealing with stress as we now experience it in 2018 –

“In the short term, stress hormones (such as cortisol) energize you, motivate you to overcome obstacles, and help you focus on the problem.”

Melanie Greenberg, [The Stress-Proof Brain](#), p. 3

# Even More So, Can Stress Help Us Grow?

Do you agree?”

“The latest science reveals that stress can make you smarter, stronger, and even more successful. It helps you learn and grow. It can even inspire courage and compassion. The new science also shows that changing your mind about stress can make you healthier and happier. ... The best way to manage stress isn't to reduce or avoid it, but rather to rethink and even embrace it.”

Kelly McGonigal, [The Upside of Stress](#), p. xvii.

# Here Are Some Stress-Benefit???

## Questions

### Viewing Your Stressor as Having Some Benefits

Think about a specific stressor you're facing, and, in a journal or on a separate piece of paper, write your answers to the following questions:

Does this stressor provide any opportunities to stretch yourself and learn new skills—for example, work skills, assertiveness skills, communication skills, time management, or self-control? Explain.

Does this stressor have the potential to make you a stronger, wiser, or better person? Describe how this could come about.

Does this stressor provide the opportunity to deepen your relationship(s) in some way, such as by turning to others for help; helping others; working together; becoming a better leader, partner, or parent; or becoming more kind and empathic? Explain.

# Here Are Some Stress-Benefit???

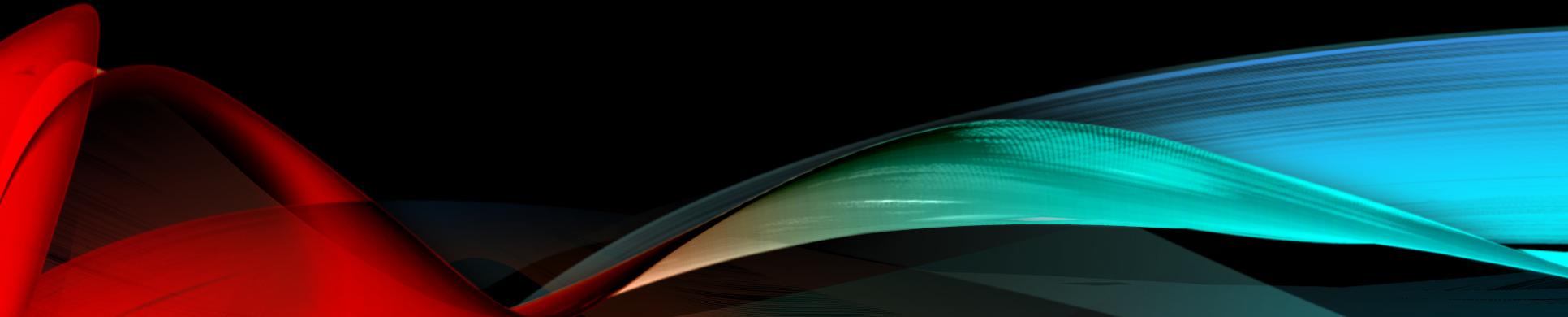
## Questions

How might you use this stressor as an opportunity to improve your health and lifestyle or take better care of yourself?

How might this stressor help you clarify or change your priorities in life so that you can be happier and healthier?

Could this stressor help you grow personally or spiritually?  
Explain.

# SECONDARY TRAUMATIC STRESS



# SECONDARY TRAUMATIC STRESS

“Vicarious traumatization ... contact victimization ... or secondary post traumatic stress reaction are terms which have been used to describe disruptive and painful psychological effects which may develop in mental health professionals who work with survivors of traumatic events.”

“Secondary Exposure to Trauma and Self Reported Distress Among Therapists” by Kelly Chrestman in B. Hudnall Stamm, Editor, Secondary Traumatic Stress, Sidran Press 1999, p. 29-30.



# SECONDARY TRAUMATIC STRESS

IF YOU CARE ABOUT YOUR PEOPLE,  
YOU WILL BE VULNERABLE TO THIS  
... PERIOD ... WITHOUT QUESTION  
... NO DOUBT.

SELF CARE IS IMPORTANT!



“There is no true separation between what happens in the brain and what goes on elsewhere in the body. Our old distinctions – between mind and brain, psychology and biology, mental and physical – increasingly appear to have no meaning as science deepens our understanding of how the mind and body function in health and disease.”

J. Douglas Bremner, Does Stress Damage the Brain?, p. 4

# Secondary Traumatic Stress Scale



No  
Stress

Excessive and  
Overwhelming  
Trauma

# Additive Traumatic Experiences

When the church worker walks closely with his/her people, this, over time, will occur. Without adequate resources, this will “add up” more rapidly.

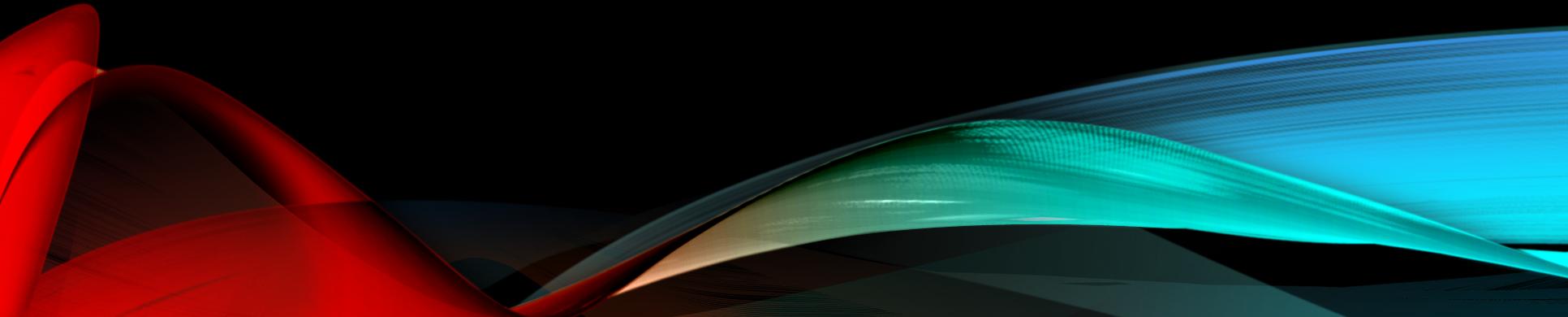
# Greater Potential

“... the greater the demand and/or the fewer the resources the person has with which to make the change, the greater the potential for the stress to be traumatic or even pathological.”

*(Secondary Traumatic Stress, Self-Care Issues for Clinicians, Researchers, & Educators, ed. B. Hudnall Stamm, p. xxxviii)*

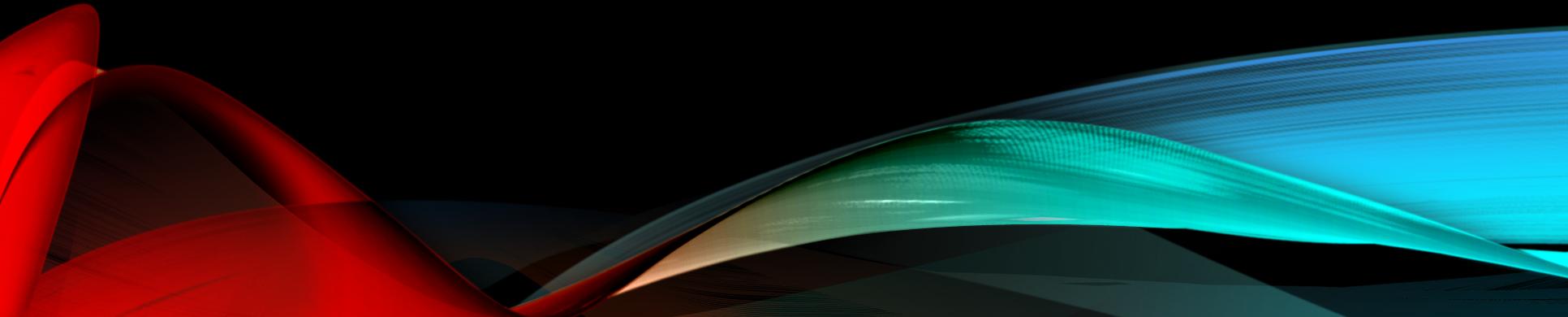
# BURNOUT

Our most passionate workers are most vulnerable here

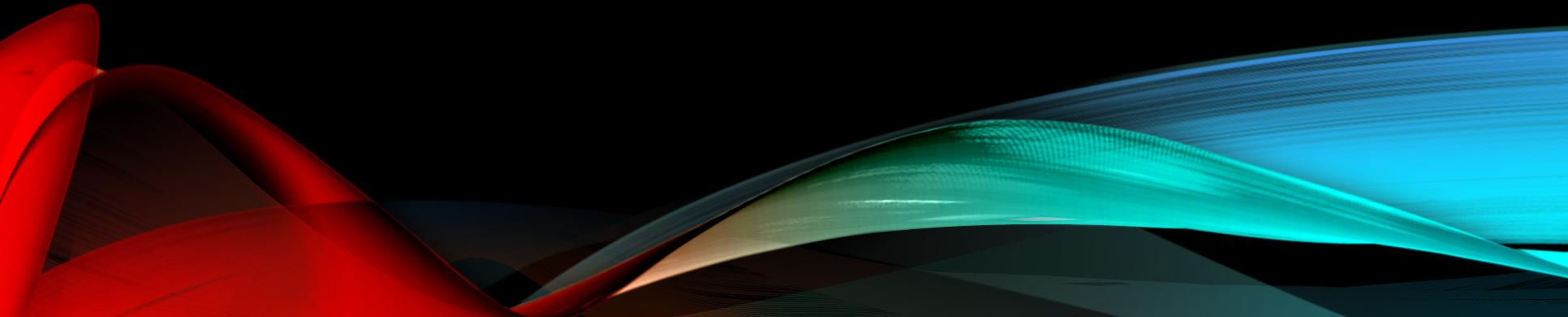


# BURNOUT

In order to burn out one must have been on fire  
at one time



# SPIRITUAL WARFARE



# The Ordinary Work of the Devil

- Deception
- Division
- Diversion
- Discouragement

(See Lewis K. Cameli [The Devil You Don't Know](#))

# Satan's Pattern of Operation

- The Strategy: Deception
- The Target: Leaders
- The Purpose: Dishonor

Ed Murphy, The Handbook for Spiritual Warfare, Second Edition, pp. 19-20

# Levels of Infiltration

- Toehold
- Foothold
- Bodyhold
- Stronghold

(Thanks to Jane Guenther)

# Satan and the Game Plan

**Place yourself in Satan's place.**

- How would you attack?
- How would you work to create disease rather than health?
- What would be your strategy to do evil and thwart the good?

Be proactive in your thinking.



“It is impossible to keep the devil from shooting evil thoughts and lusts into your heart. But see to it that you do not let such arrows (Eph. 6:16) stick there and take root, but tear them out and throw them away. So what one of the ancient fathers counseled long ago: ‘I cannot,’ he said, ‘keep a bird from flying over my head. But I can certainly keep it from nesting in my hair or from biting my nose off.’  
... *Everyone must have his devil.*”

(Martin Luther, exposition of Matthew 5:27-30 in  
*What Luther Says*, pp. 1344-1345, *italics mine*)



“The good-looking devil is the one who does the most harm, the devil who eggs people on to commit spiritual sins, which are not regarded as sins at all but as pure righteousness and are defended as such. He causes more harm than the ugly-looking devil, who only eggs people on to commit gross, carnal sins, which are so obviously sins that even Turks and heathen can recognize them as such.”

(Martin Luther, Sermons on Galatians 1:4-5, *What Luther Says*, p. 395)



If we heed what Luther has to say about the role of the devil in the spiritual formation of theologians, we will realize our *all our relationships in the Body of Christ* are actual spiritual battle-grounds, contested places, rather than spiritual oases, places of refuge from temptation. We will also be able to help our *all church leaders, workers and members* understand why they and their families come under such concerted attack at certain points during their course of *their work and their lives*. We may even welcome these attacks. They show that God is truly at work with us making true theologians out of (all of) us.

(John Kleinig, "Oratio, Meditatio, Tentatio: What Makes a Theologian," p. 29, italicized content mine)



# Relationship and Community Life

We are baptized and, as a result,

We have a redeemed relationship with God  
through Christ

AND

We are placed into a community, into  
relationship with other Jesus-followers

# Community Life

“The spiritual journey is not to be a solitary walk but a community pilgrimage.” The isolated, self-guiding ascetic is vulnerable to spiritual imbalance. Balanced spiritual formation is cultivated in the company of like-minded comrades and sensitive confidants.

We draw wisdom and comfort from one another; we encourage and are encouraged by the example of our fellow Christians. To pursue spirituality alone is folly, and ultimately it misses the point of being the body of Christ.

Gordon Johnston, “Old Testament Community and Spiritual Formation” in Foundations of Spiritual Formation. Quote is from Richard Goodrich, “John Cassian on Community” in *Crux*, 34, 2002

# Obstacles to Life in the Community

- Disconnectedness
- Individualism



# The Community is Crucial

Because it is needed to help us deal with ...

Spiritual Warfare

Secondary Traumatic Stress

Burnout

# The Community is Crucial

Because it offers and fosters ...

Influence

Support

Accountability

Growth

# Building Up the Body of Christ

One body and one Spirit, as you were also called to the one hope of your call; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. ...

And he gave some as apostles, others as prophets, others as evangelists, others as pastors and teachers, to equip the holy ones for the work of ministry, for building up the body of Christ ...

Living the truth in love, we should grow in every way into him who is the head, Christ, from whom the whole body, joined and held together by every supporting ligament, with the proper functioning of each part, brings about the body's growth and builds itself up in love.

Ephesians 4: 4-6, 11-12, 15-16

# Characteristics of Our Relationships

Rejoice in hope, endure in affliction, persevere in prayer. Contribute to the needs of the holy ones, exercise hospitality. Bless those who persecute you, bless and do not curse them. Rejoice with those who rejoice weep with those who weep. ... Do not be conquered by evil but conquer evil with good. Romans 12: 12-15

# RELATIONSHIPS ARE ...

Too often today the public thinks that one can read a book or watch a documentary and be transformed psychologically. Unfortunately, that is not how the human mind works. Humans require other minds for change and change is hard. We are 'embodied and embedded' in an interpersonal matrix. To understand the human experience and create change, we must move from a single-skull understanding to an intersubjective context of two or more minds.

Drew Pinsky introducing the book [Why Therapy Works](#) by Louis Cozolino

# The Body of Christ: Places of Authenticity

“For me, the model of a place that welcomes people as they are is Alcoholics Anonymous. Everybody who goes says, ‘I’ve blown it,’ and everyone else smiles and says, ‘Yeah, we know what that’s like. Come on in and join us.’ Nobody tells anybody what to do; they just share what their struggles are and what they’ve found that helps and doesn’t help. Everybody’s open about their brokenness and failure, and they heal. That process is the only thing I know of that heals addictions. What happens in most of our churches is just the opposite. We all get dressed up on Sunday, and we go there and we say, ‘Isn’t it great, all these good people!’ So I don’t dare share my pain and my brokenness with you because you might reject me. We sit there with our pain and our brokenness, and we never share it and we don’t heal. Our church’s real challenge in the next decade or two is to find out how we can change from being congregations of pretense to being healing communities; we have to work toward becoming the kind of communities where it’s safe to tell your life story.”

David Hilton, Second Opinion, Volume 18, Number 3, January 1993, n.p.

# The Body of Christ: Places of Authenticity

“Openness and honesty are foundational for authentic encounter. Authenticity, in turn, makes it possible for people to receive the words and deeds of affirmation others offer us, interpreting them as meaningful. In one-on-one conversations, in small group interactions, in boards and meetings, in Bible study and prayer, members of the Christian community have opportunities to come to know one another more deeply, authentically, and genuinely.”

Bruce Hartung,  Holding Up the Prophet's Hand , CPH, 2011, p. 79.



# In Leaving and Planning and Action

Identify vulnerabilities including Satan's game plan  
for you

Think wholistically

Take action

Connect to the community of Jesus

## 3 JOHN 2

*“Beloved, I pray that all may go well with you and that you be in good health, as it goes well with your soul”*