



Your Emotions Impact Your Ministry Best Practices for Ministry Phoenix, AZ February 19, 2016

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**Contrary to popular thinking,
feelings are not
automatically enemies
to effective leadership.**



**Feelings (emotions) are
an essential part of
how we know;
how we act; and
how we connect
in the world.**



**We'll be exploring
“emotional literacy”
(understanding our own
and others' feelings
accurately)...**



...and
“emotional competence”
(making appropriate use
of what we know.)



The Creator's Divine Design:

**Every created entity
functioning optimally...**

**In harmony with
every other created entity
functioning optimally...**



**...glorifying the
Creator!**



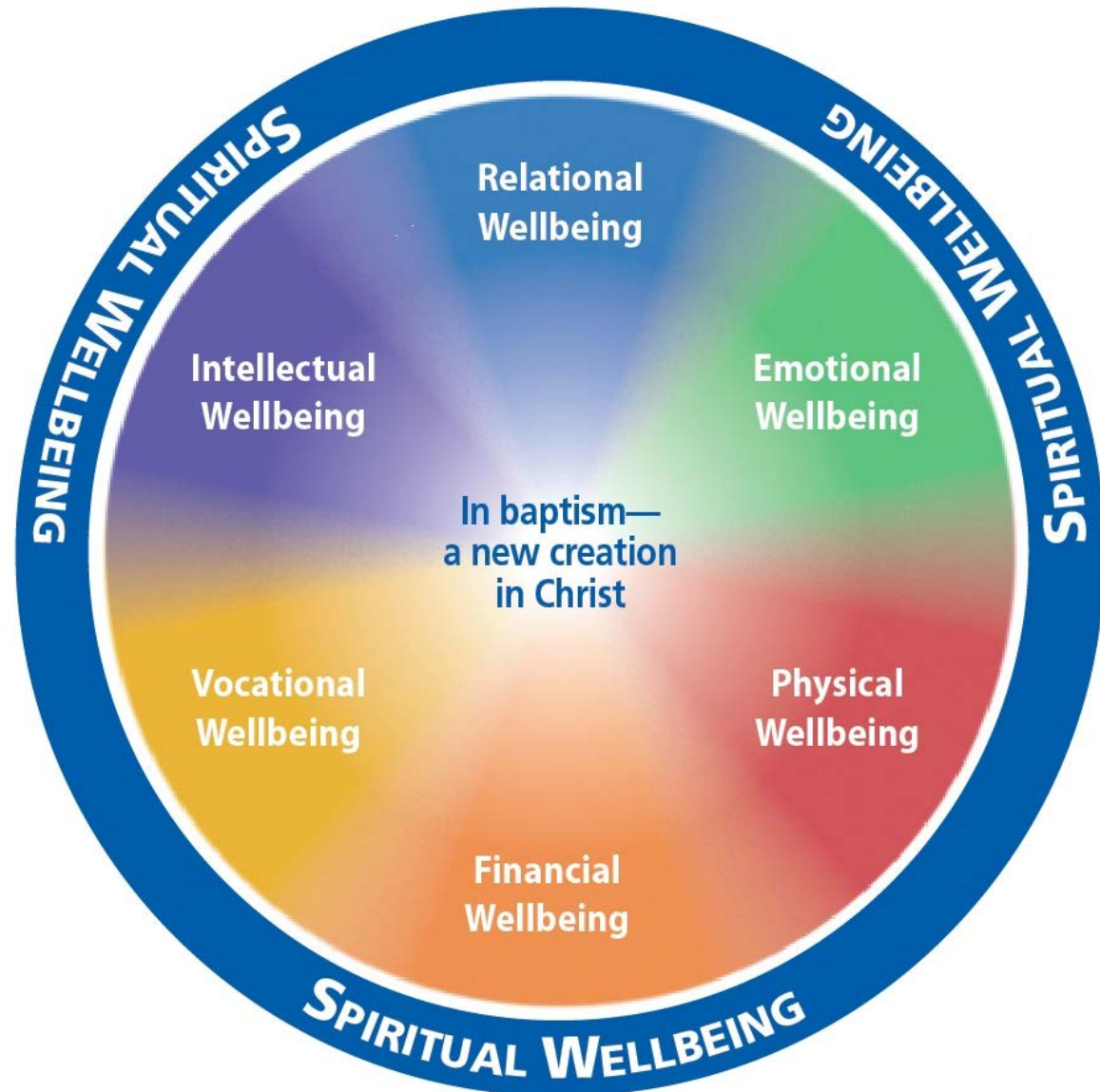
The Divine Design is about *RELATIONSHIP...*

**...With God; others; and
within self.**

**(Consider Jesus' position
expressed in Matthew 22:37)**



The Wholeness Wheel





Why emotional wellbeing?

**Emotion is the
“currency”
of relationships**



**God's design of harmonious
relationship included
emotional competence,
meant to help me fulfill my
role in the design...**



...and to *give appropriate signals* to people around me about what would be harmonious on their part.



**Then sin entered the picture
and all creation is still
“groaning” as a result.
(Consider Romans 8:19-22)**



**“Emotional incompetence”
always works against us.**



- # 1) Physiologically:
- **Blood pressure;**
 - **Heart rate;**
 - **Other internal organs.**



2) Lack of self-awareness / self-control leads us to violate our own values and standards.



**3) We risk “turning people away”...reflecting poorly, the image of the One Whom we serve.
(Consider Luke 15:1)**



Emotional Wellbeing involves:

- 1. My ability to recognize
and understand
emotions in myself and
others, and...**



**2. ...my ability to use this
awareness to manage
my behavior and
relationships.
(emotional intelligence)**



Small Group Interaction

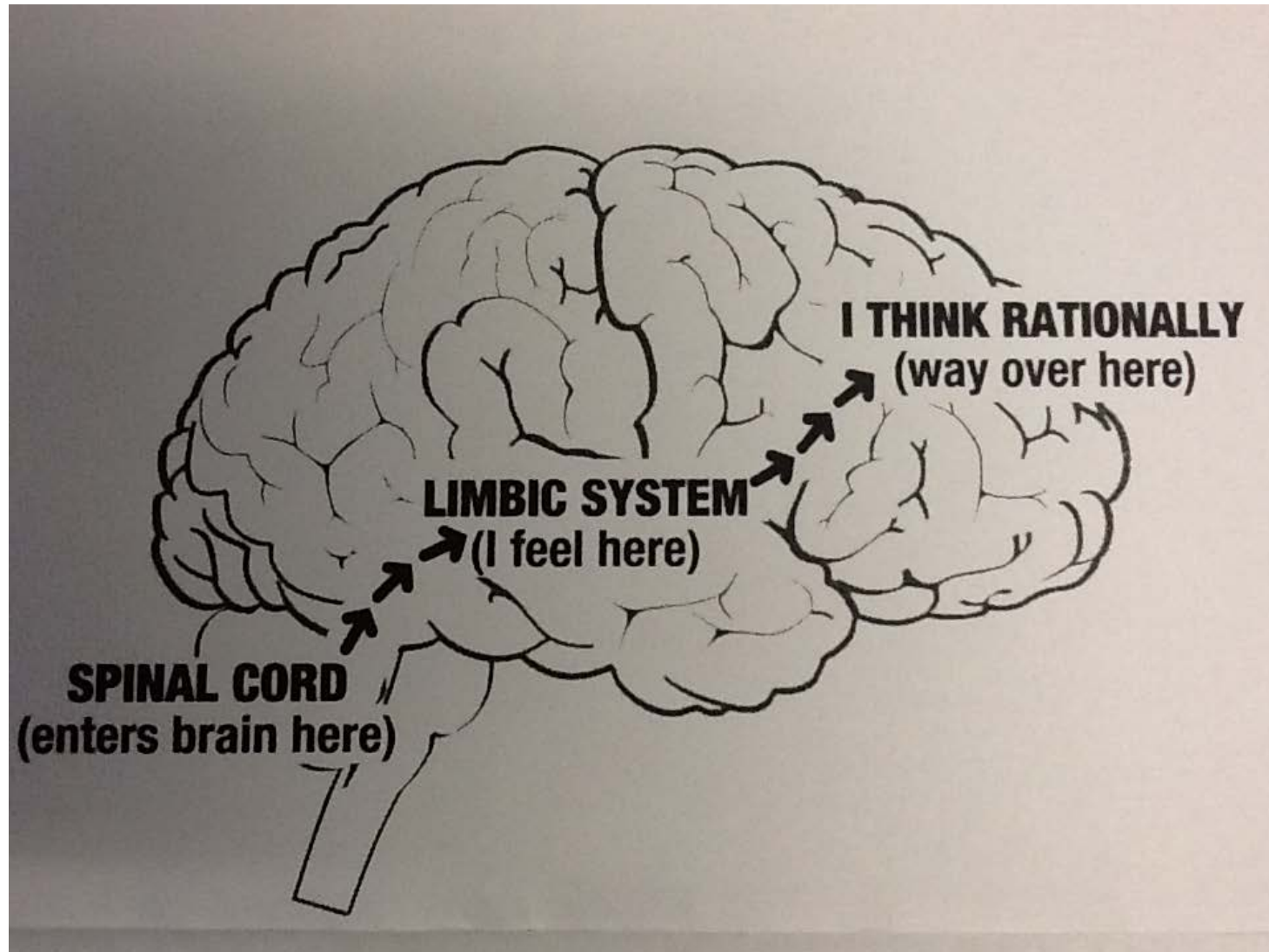
**Identify/share a time when
an emotional reaction
(yours or someone else's)
damaged a relationship.**



**Raising the level of
emotional intelligence
improves the
ability to manage
behavior and relationships.**



**Our brains are designed
to allow our emotions the
first opportunity to
determine a response.**





**The management of
the emotional and rational
parts of our brain is
the physical aspect of
emotional intelligence.**



Emotional “Hijack”:

A moment when emotion motivates behavior and one reacts without thinking.



A “Trigger” event:

**Something that generates a
prolonged and/or intense
emotional reaction.**



**Our reaction to our “triggers”
is influenced by personal
history, which includes
experience in similar
situations.**



Emotional Intelligence includes:

1. Self Awareness:

The ability to recognize and understand my moods, emotions, and drives, as well as their effect on others.



Emotional Intelligence includes:

2. Self Regulation:

The ability to control / redirect disruptive impulses / moods, to suspend judgment – to think before acting.



Emotional Intelligence includes:

3. Empathy:

Ability to “read” emotional realities of others, skill in responding to people based upon *their* emotional “map”.



**Empathy includes the
ability to advocate my
position / interests
without invalidating
the positions / interests
of others.**



Emotional Intelligence includes:

4. Altruistic Influence:

Proficiency in managing conflict, building networks, and energizing appropriate behavior in others.



As we sharpen our EQ skills, we'll learn to spot our triggers and practice ways of responding that will become habitual.



Sharpening Self-Awareness

- **Name it when you feel it**
- **Journal what-when-why;**
- **Note the impact on others;**
- **Identify who and what
“pushes your buttons”;**



Sharpening Self-regulation:

- **Create an emotion vs. reason list; (When this-then that)**
- **Smile and laugh more;**
- **Control your self-talk;**
- **Avoid “victim” thinking.**



Sharpening Empathic Skills:

- Test for accuracy;**
- Live in the moment;**
- Improve listening skills;**
- Speak honestly, with love.**



Sharpen Altruistic Influence:

- **Be transparent and respectfully curious;**
- **Practice “invitational” talk;**
- **Build trust-greet by name**
- **Bring out the best in others.**



Questions / Comments



When you'd like to get in touch...

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