



The Leader's Pursuit of Wholeness

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Definitions:

Wellness is a condition in which individual components in our lives are functioning optimally;



**Wellbeing describes healthy
interdependence of optimally
functioning individual
components;**



Wholeness is experienced with the interdependence of optimally functioning individual components to the end that *who we are* and *what we do* resounds fully to the glory of our Creator.





The Creator's Divine Design:

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

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



**...glorifying the
Creator!**



The mission of Jesus is the restoration of the Divine Design



**Until He returns in glory, we
continue longing for, working
toward the restoration of
wholeness.**

(consider Ephesians 4:15)



“This life is not godliness, but the process of becoming godly; not health, but getting well; not being, but becoming; not rest, but exercise. We are not now what we shall be, but we are on the way...”

M. Luther [A Defense and Explanation of All Articles (AE 32:24).]





Spiritual Wellbeing



**All our strategies and efforts
toward wholeness require
direction and motivation
by virtue of
our relationship as redeemed
children of God.**



**Grounded in a
robust grasp of
righteousness by grace,
through faith in Jesus;**



**Engaging activities which enhance and solidify faith;
(Remaining in the Scripture, meditation, prayer, and living the fruit of the Spirit.)**



**Avoiding activities that
threaten faith;**





Relational Wellbeing



**Humanity was created for...
and at its best...
in healthy
relational connections.**

(Genesis 2:18; Ephesians 5; Hebrews 10:24-25)



**Relationships are healthy
when:**

**Love is reciprocal and
appropriate for the level of
connection;**



**(Love is characterized by
a *willingness* to sacrifice
something important
for the *good* of another.)**



**Relationships are healthy
when:**

**Participants are willing to be
vulnerable/approachable;**



**Relationships are healthy
when:
Safety prevails -
judgment is postponed.**



Relational Wellbeing is enhanced listening skills are employed, tongues are controlled, and appropriate apology is practiced.





Emotional Wellbeing



Emotional Wellbeing includes:

Self awareness;



Emotional Wellbeing includes:

Self regulation;



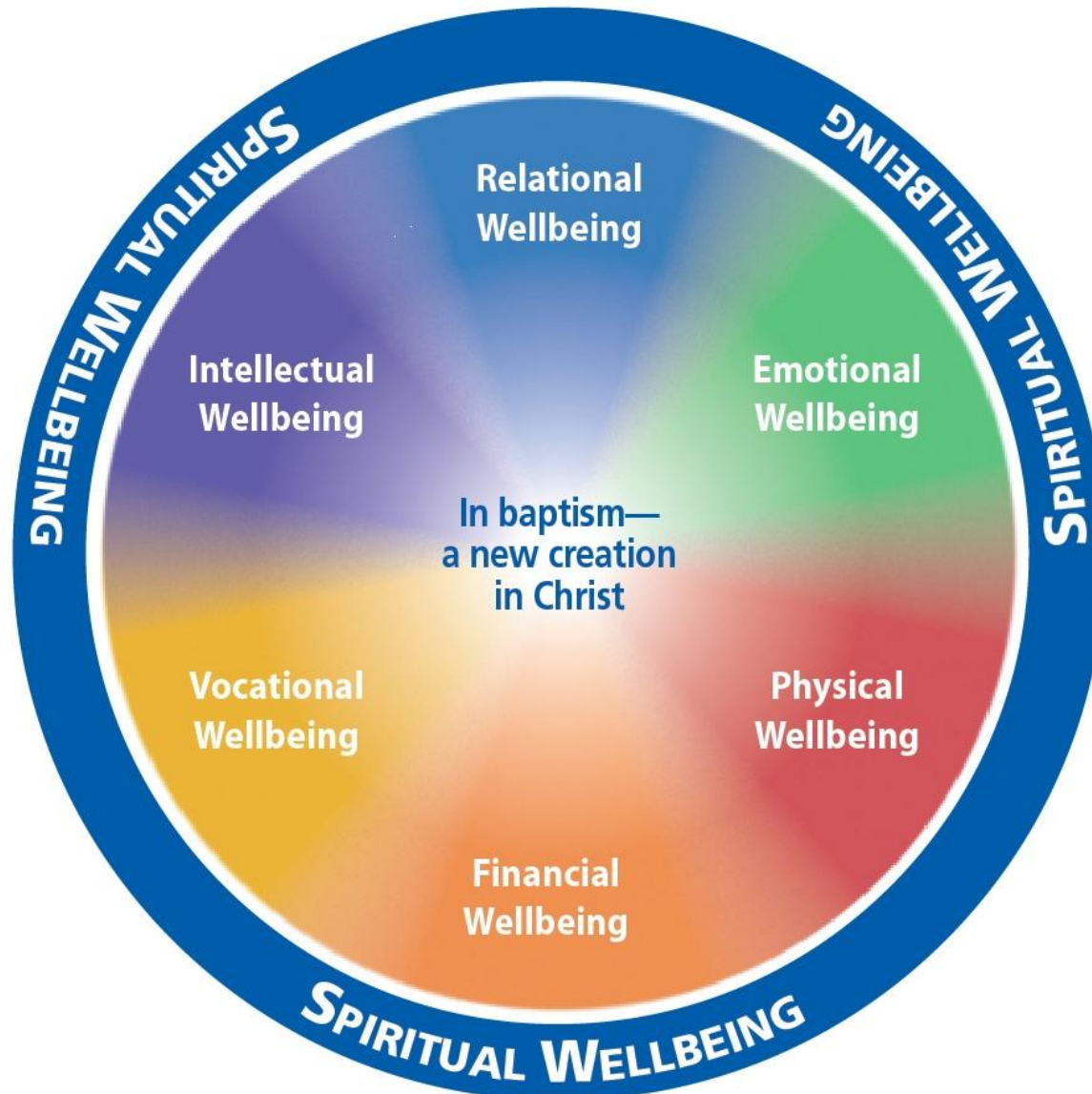
Emotional Wellbeing includes:

Altruistic motivation;



Emotional Wellbeing includes:

Empathy.





Physical Wellbeing



**The leader experiencing
physical wellbeing is:**

**Informed about various needs
and functions of
his/her own body;**



**Intentional about maintaining
functionality within realities of
the “fallen” condition;**



**Respectful of the body as
residence of the eternal soul
and the Holy Spirit,
attending to what's
“put into” the body...**



**...and intentionally thoughtful
about what's done with
the body.**





Financial Wellbeing



**Financial Wellbeing in a leader
is marked by:**

**Assent with Godly perspective
for the role of money;**



Financial Wellbeing in a Church Worker is marked by:

**Generosity / Eagerness
to be a blessing.**





Vocational Wellbeing



Vocational Wellbeing includes:

**Effective engagement
of gifted passions;**



Vocational Wellbeing includes:

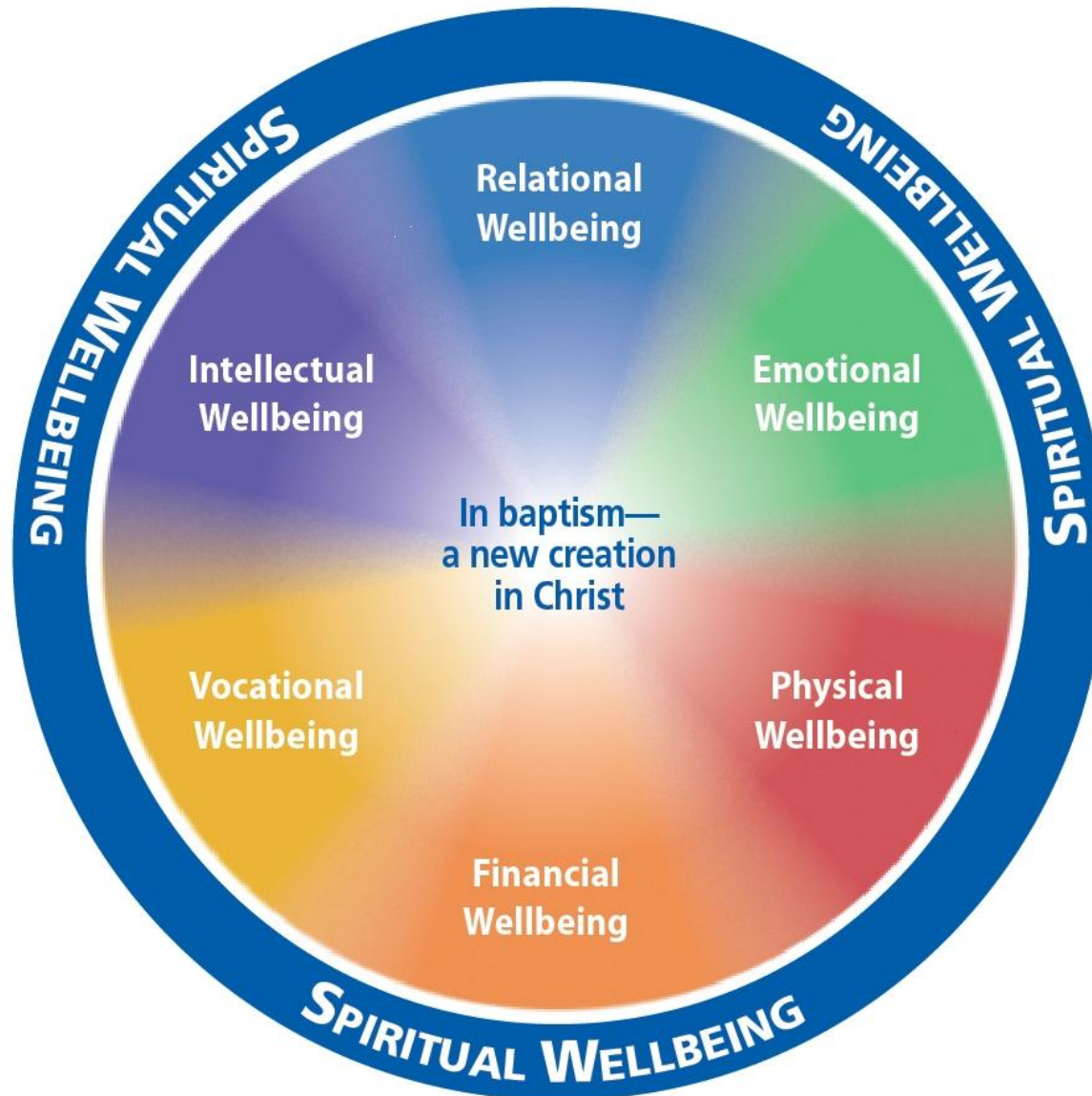
**Balanced priorities among
vocational pursuits;**



Vocational Wellbeing includes:

**Advancing Jesus' mission to
restore the Divine Design.**

(Colossians 3:23)





Intellectual Wellbeing



Intellectual Wellbeing for a leader includes:

Life-long commitment to genuine curiosity;



Human understanding subject to Divine revelation;



Application of cognitive growth to advancing Jesus' mission to restore the Divine Design.



Questions to think about:

- How do commitments for change become a part of my “DNA”?**
- How do concepts become behavior?**
- To whom will I be accountable?**



Questions and Comments



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

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