



Dr. Susan Post

Executive Director, Esperanza Health Center

I want to know Christ – yes, to know the power of His resurrection and participation in His sufferings, becoming like Him in His death, and so, somehow, attaining to the resurrection from the dead.

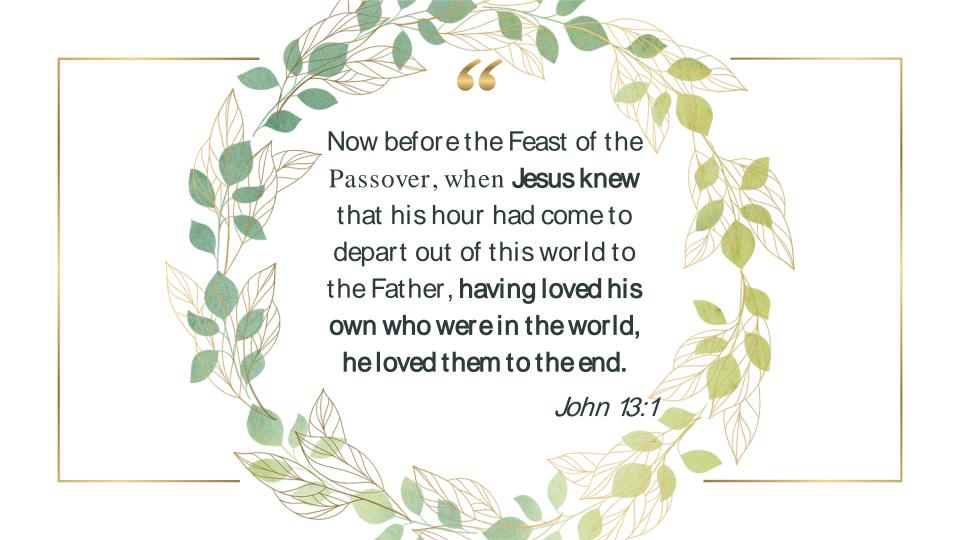
Philippians 3:10-11

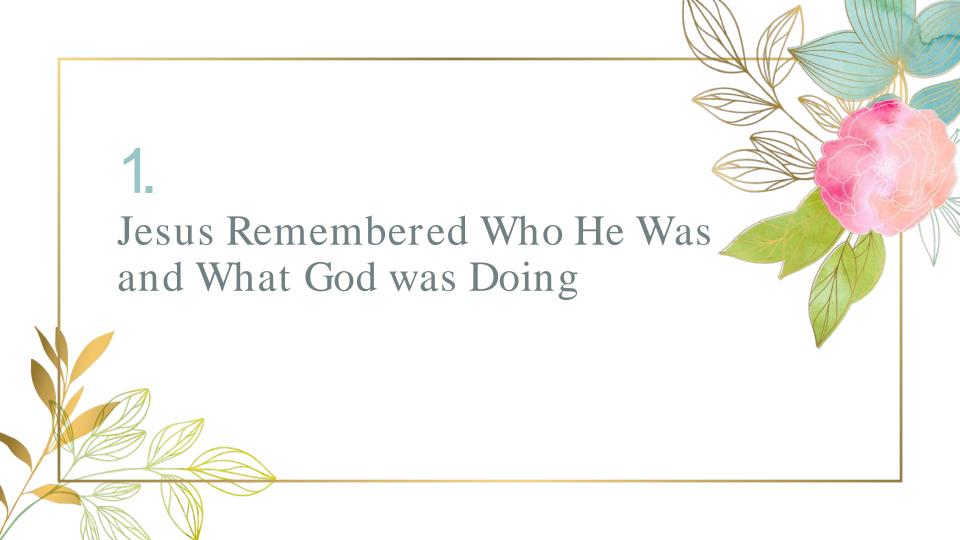
Ministry Difficulties

- ➤ The work, itself
- Fatigue and loneliness
- Failures
- Losing your passion
- Personal challenges
- ▶ Lack of confidence

Facing Hard Times

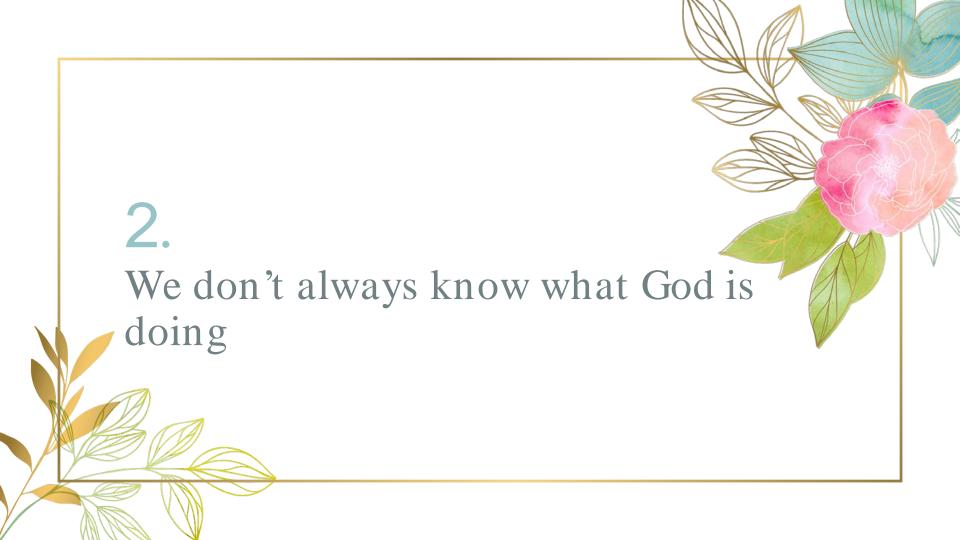
In John 13-17, we see Jesus preparing himself and his disciples for difficult times.





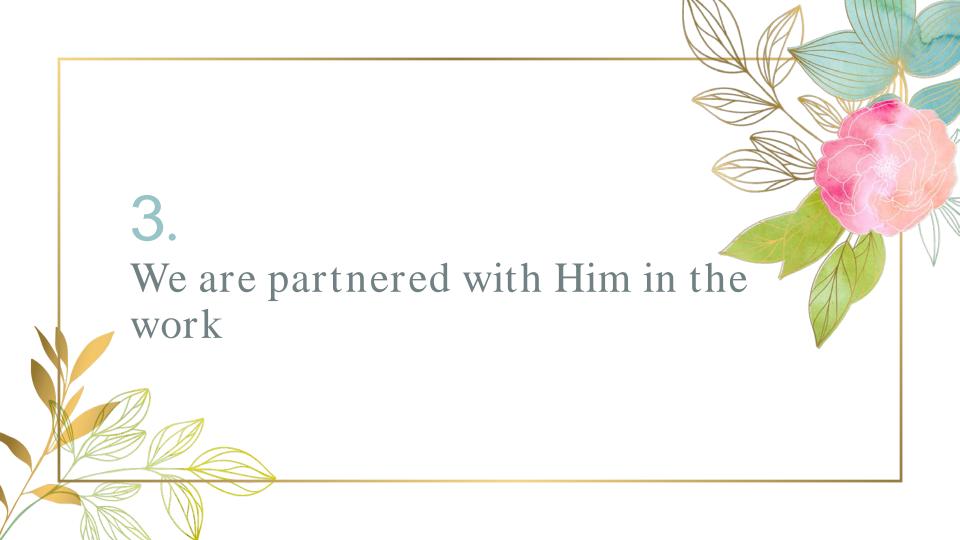
Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist.

John 13:3-4



He came to Simon Peter, who said to Him, "Lord, are you going to wash my feet?" Jesus replied, "You do not realize now what I am doing, but later you will understand." "No," said Peter, "you shall never wash my feet."

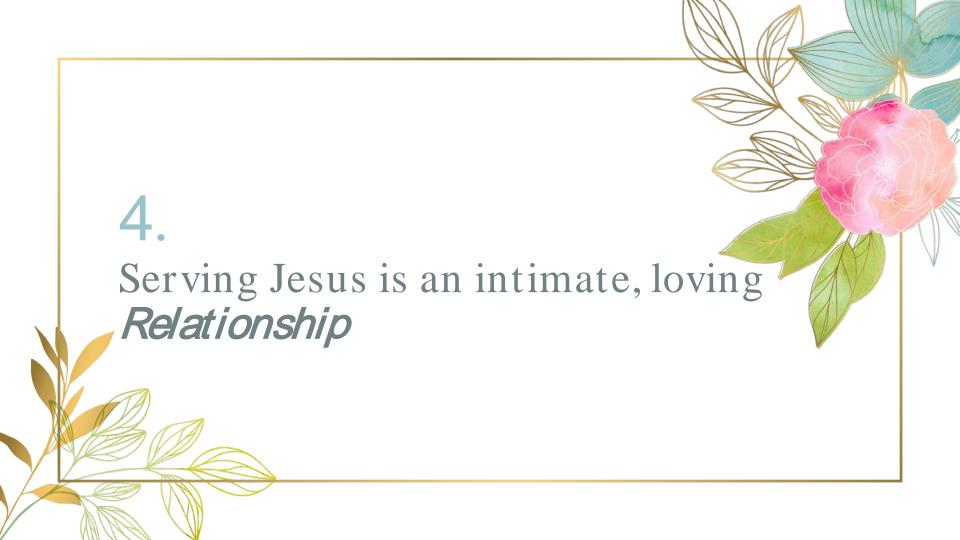
John 13:6-8



John 14:12 – "Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father."

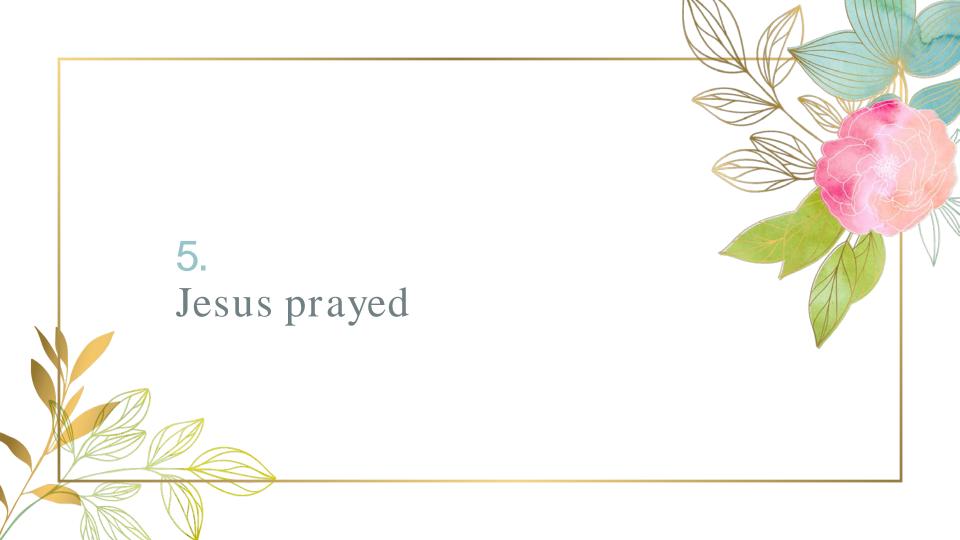
John 15:4 – 'Remain in Me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in Me."

John 15:8 – "This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."



Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself that where I am you may be also.

John 14:1-3



What Sustains You?

- ▶ Re-center
- Rest/Recreation
- > Reckon
- Intimacy
- Worship



Re-center

Prayer of Examen





Prayer of Examen

Luke 24: 25 - 27, 32, 41

- ≥ 25-27 He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter His glory?" And beginning with Moses and all the Prophets, He explained to them what was said in all the Scriptures concerning Himself.
- Description > 32 − They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"
- □ And while they still did not believe it because of joy and amazement, He aske them,
 □ You have anything here to eat?"

Pour out your day to Jesus; Allow Jesus to re-tell you your day with His presence in the story

Re-center

- Prayer of Examen
- Scripture
- ▶ What are ways you re-center?





Rest and Re-creation

- Express your creativity
- Friendships/family
- Beauty
- Exercise
- What bring you rest/refreshment?





Reckon

Recount, dwell, meditate, and, consider truths we know

- ► He is our present help in trouble
- Jesus is praying for me
- ▶ He saves to the uttermost
- ► The Lord is my shepherd...
- □ God's Glory: I consider that our present suffering are not worth comparing with the glory that will be revealed in us
- ▶ What truth about God moves you?

Seek intimacy with Jesus

The journey is to Him

Worship

Never stop worshipping!

