

Contents

Foreword	iv
Preface	vi
PART 1: THE SETTING	1
1 The Brightest and Best	2
2 Our Season of Disrespect: Not So Great Expectations	10
3 The Lesson from the Twenty-Minute Honeymoon	16
4 Preparation for the Journey	20
PART 2: HEALTH	25
5 An Overview of Health in Ministry	26
6 Self-Care vs. Self-Concern	32
7 Health Summarized: Wholeness, Happiness, and Weightlessness	39
PART 3: EXCELLENCE	49
8 An Overview of Excellence in Ministry	50
9 The First Principle of Excellence: The Separation of Self and Role	54
10 The Overlap: Self and Role Together	63
11 The Personal Benefits of the First Principle	70
12 The Second Principle of Excellence: Always Choose Strength	76
13 The Third Principle of Excellence: Straight from Jesus—“Judge Not”	88
PART 4: DO YOU REALLY WANT TO DO THIS?	93
14 Three Applications: Gossip, Weddings, and Routine Pastoral Calls	94
15 Three More Applications: Conflict, Staff Communication, and Friendship	101
16 Two Applications to Current Ministry Concerns: Social Media and Financial Management	117
17 Commitment, Momentum, and Beyond	126
Appendix A: Grade Yourself	138
Appendix B: Acknowledgments and Contact Information	148