

RELATIONAL CAPACITY

Healthy Practices Guide

1. Cultivate your closest friendships

- a. List the names of your best friends (people in general average 4-6 of these relationships).
- b. Write a small, tangible way you can cultivate each relationship sometime this month (e.g., call to catch up, schedule a time to hang out, etc.). Take some initial steps to follow through on these ideas now.

Name of best friends	Small, tangible relational connections

2. Invest in those who invest in others

- a. Who are a few of the most relationally impactful leaders in your ministry? List their names.
- b. Reflect on how you might focus your relational output by pouring more into these relational leaders who in turn pour into others (e.g., eat a meal with these leaders once a month, asking how their ministry relationships are going).

Relationally impactful leaders' names
Ideas for focusing your relational output

3. Be a connector

Trust your intuition about when to develop a personal relationship versus when to relationally connect a young person to other leaders in your ministry. Consider:

- a. How have you experienced pressure in ministry to go too deep emotionally with too many people?
- b. What are the primary sources of this pressure?
- c. How might you clarify the expectations you feel?
- d. What relational connections can you help make between specific young people in your ministry and leaders in your church?

4. Build and maintain friendships with those outside of your ministry

- a. What touchpoints do you have with the world outside of your church?
- b. How might you cultivate lifegiving hobbies outside of the church?
- c. What friendships do you maintain across time and geographical distance that are meaningful to you, and how can you keep investing in those long-term relationships?

5. Retreat

- a. When do you feel most at rest and at peace?
- b. What are you doing when you feel this way?
- c. How might you intentionally spend time with God while engaging in these activities?
- d. Schedule a time this month for retreat. Put it in your calendar.

Sources:

Pickett, Candace Coppinger, Justin L Barrett, Cynthia B Eriksson, and Christina Kabiri. 2018. "Social Networks among Ministry Relationships: Relational Capacity, Burnout, & Ministry Effectiveness." *Journal of Psychology and Theology* 45 (2): 92–105. doi:10.1177/009164711704500202.

Barrett, Justin, Cynthia Eriksson, Candace Coppinger Pickett, Ashley Wilkins, Rebecca Burnside, and Patience Ahmed. "The Science of Ministry Relationships: Burnout, Trauma, and Ministry Effectiveness." Lecture presented January, 2015.

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