



APPENDIX

Part One—Cultivate a Strong Core

#1—Embrace Insufficiency

#2—Seek Jesus

#3—Delight in Obedience

#4—Celebrate Gospel Durability

#5—Grow a Gospel Identity

Part Two—Nurture a Flourishing Soul

#1—Counterbalance Negative Flow

#2—Maintain a Sustainable Pace

#3—Pursue Body and Brain Wellness

#4—Nurture Healthy Relationships

#5—Open Up to Real Friends

#6—Enjoy Solitude with Jesus

Part Three—Lead a Healthy Culture

- #1—Teach the Word with Consistent Clarity*
- #2—Multiply Disciples in Gospel Mission*
- #3—Resist Elevation with Relatable Leadership*
- #4—Strengthen Hearts with Strong Care*



NOTES

Chapter 1

1. *The Polar Express*, directed by Robert Zemeckis (Beverly Hills, CA: Castle Rock Entertainment, 2014).

Chapter 2

1. Cary Schmidt, *Stop Trying: How to Receive—Not Achieve—Your Real Identity* (Chicago: Moody, 2021).

Chapter 3

1. C. S. Lewis, “To Arthur Greeves” (December 29, 1935), in *The Collected Letters of C.S. Lewis, Volume II: Books, Broadcasts, and the War, 1931–1949*, ed. Walter Hooper (New York: HarperCollins, 2004), 174.

Chapter 4

1. Cary Schmidt, *Off Script: What to Do When God Rewrites Your Life* (Lancaster, CA: Striving Together Publications, 2011).
2. Skip Heitzig, “John 5:31–6:21,” teaching series transcript, May 25, 2016, http://skipheitzig.com/teachings_view.asp?ServiceID=4076&transcript=1#transcript.

Chapter 5

1. Homer, *The Odyssey*, Book XII.
2. “Slipstream,” Wikipedia, last modified May 17, 2023, <https://en.wikipedia.org/wiki/Slipstream>.
3. Martin E.P. Seligman, *Learned Optimism: How to Change Your Mind and Your Life* (New York: Vintage Books, 2006).
4. Augustine of Hippo, “Lectures or Tractates on the Gospel According to St. John,” in *St. Augustine: Homilies on the Gospel of John; Homilies on the First Epistle of John; Soliloquies*, A Select Library of the Nicene and Post-Nicene Fathers of the Christian Church, vol. 7, ed. Philip Schaff, trans. John Gibb and James Innes (New York: Christian Literature Company, 1888), 90.
5. J. C. Ryle, “Commentary on John 3” (v. 30 under “Notes”), *Ryle’s Expository Thoughts on the Gospels*, <https://www.studylight.org/commentaries/eng/ryl/john-3.html>.

Chapter 6

1. W. M. Malcolm, E. A. Fisher and E. Prusaczyk, “The Complexity of Assessing Ministry-Specific Satisfaction and Stress,” *Journal of Psychology and Theology* 50, no. 3 (2021): 320–39, <https://journals.sagepub.com/doi/10.1177/00916471211021921>.

Chapter 7

1. Martin E. P. Seligman, *Learned Optimism: How to Change Your Mind and Your Life* (New York: Vintage Books, 2006).
2. Stephen R. Covey, A. Roger Merrill, and Rebecca R. Merrill, *First Things First* (Miami, FL: Mango Media, 2015), 96–97 of 418, Scribd.
3. Ibid., 123 of 418, Scribd.

Chapter 8

1. Eric Suni, “How Much Sleep Do We Really Need?,” Sleep Foundation, updated May 9, 2023, <https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>.

2. Simon Sinek, *Leaders Eat Last: Why Some Teams Pull Together and Others Don't* (New York: Portfolio/Penguin, 2017).
3. Ibid., 52–54.
4. Ibid., 54–55.
5. Ibid., 60–63.
6. Ibid., 63–65.
7. Ibid., 68–74.
8. Mayo Clinic Staff, “Chronic Stress Puts Your Health at Risk,” Mayo Clinic, July 8, 2021, <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>.
9. Cleveland Clinic, “Cortisol,” <https://my.clevelandclinic.org/health/articles/22187-cortisol>.

Chapter 9

1. *Peanuts* (comic series), created by Charles Schulz (New York: Peanuts Worldwide LLC, original run 1950–2000).
2. The thoughts explored in this section on stress were heavily informed by a series of personal and recorded conversations with my friend Dr. Jonathan Hoover, Associate Pastor and Couples Pastor at NewSpring Church in Wichita, Kansas, and a professor of psychology at Regent University. Jonathan has been featured several times on my podcast, *Leading in the Gospel*, as we explored the topics of soul health in ministry leaders. His insight and counsel regarding stress management have been very helpful to me, and I'm happy to pass it on in these pages. You can benefit from Jonathan's ministry by starting here: jonathanhoover.online, and you would be encouraged by listening to my podcast episodes with Jonathan at inthegospel.com/podcast (also available on Apple Podcasts, Spotify, and Google Podcasts).
3. Brad A. Roy, “Overreaching/Overtraining: More Is Not Always Better,” *ACSM's Health & Fitness Journal* 19, no. 2 (April 2015): 4, <https://doi.org/10.1249/FIT.0000000000000100>.

Chapter 10

1. *14 Peaks: Nothing Is Impossible* (documentary), directed by Torquil Jones (Los Gatos, CA: Netflix, Inc., 2021).
2. Ibid.
3. Dictionary.com, s.v. “grandiosity,” <https://www.dictionary.com/browse/grandiosity>.
4. Michael O’Donnell, “‘The Extraordinary Life of an Ordinary Man’ Review: Paul Newman’s Verdict,” *Wall Street Journal*, October 15, 2022, <https://www.wsj.com/articles/the-extraordinary-life-of-an-ordinary-man-review-paul-newmans-verdict-11665835203>.
5. Arthur C. Brooks, *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life* (New York: Portfolio/Penguin, 2022), 129–32.

Chapter 11

1. There are conflicting opinions of which Dionysius this story is attributed to in the writing of Cicero—whether Dionysius the First or Second. Given the conflicting accounts, we chose to leave the structure as is in this retelling.
2. *Encyclopaedia Britannica*, s.v. “Damocles,” <https://www.britannica.com/topic/Damocles>.
3. Evan Andrews, “What Was the Sword of Damocles?,” History.com, updated August 23, 2018, <https://www.history.com/news/what-was-the-sword-of-damocles>.
4. Cicero, “Book V: Whether Virtue Alone Be Sufficient for a Happy Life” (XX–XXIII), *Cicero’s Tusculan Disputations*, trans. C. D. Yonge (New York: Harper & Brothers, Publishers, 1877), 184–86, <https://www.gutenberg.org/files/14988/14988-h/14988-h.htm>.
5. Kevin A. Miller, *Secret of Staying Power: Overcoming the Discouragements of Ministry* (Carol Stream, IL: Christianity Today, Inc., 1988), 108 of 121, Scribd.
6. Ibid., 23 of 121, Scribd.
7. Elton Trueblood, *While It Is Day: An Autobiography* (New York: Harper & Row, 1974), 67.

8. Christina Maslach and Susan E. Jackson, “The Measurement of Experienced Burnout,” *Journal of Organizational Behavior* 2, no. 2 (April 1981): 99–113, <https://doi.org/10.1002/job.4030020205>.
9. Again, this section on burnout flows initially from multiple conversations with Dr. Jonathan Hoover over a period of six years. It was Jonathan’s influence that sparked my further interest and research into the experience of burnout, with a desire to avoid and help others to avoid the phenomenon. Jonathan’s counsel and personal encouragement have proven very insightful in my journey, and this section would not be what it is without his thumbprint.
10. Rodger Charlton et al., “Clergy Work-Related Psychological Health: Listening to the Ministers of Word and Sacrament Within the United Reformed Church in England,” *Pastoral Psychology* 58 (April 2009): 133–49, <https://doi.org/10.1007/s11089-008-0177-3>.
11. Cary Schmidt, *Enough for Today* (recorded and produced in Newington, CT: Emmanuel Baptist Church), <https://ebcnewington.com/enoughfortoday>.
12. John Piper, “Embrace the Life God Has Given You,” *Desiring God*, March 10, 2017, <https://www.desiringgod.org/embrace-the-life-god-has-given-you>.
13. As quoted by Alexandra Michel, “Burnout and the Brain,” *APS Observer*, January 29, 2016, <https://www.psychologicalscience.org/observer/burnout-and-the-brain>. This article cites “For the Young Doctor About to Burn Out,” by Richard Gunderman, which gives a variation of this quote: “Professional burnout is the sum total of hundreds and thousands of tiny betrayals of purpose, each one so minute that it hardly attracts notice”: Richard Gunderman, “For the Young Doctor About to Burn Out,” *Atlantic*, February 21, 2014, <https://www.theatlantic.com/health/archive/2014/02/for-the-young-doctor-about-to-burn-out/284005/>.

Chapter 12

1. Charles Spurgeon, *An All-Around Ministry: Addresses to Ministers and Students* (New York: Scriptura Press, 2015), 45–46 of 381, Scribd.

2. Matthew 5:15 KJV.
3. Patrick Lencioni, *The Motive: Why So Many Leaders Abdicate Their Most Important Responsibilities* (Hoboken, NJ: John Wiley & Sons, Inc., 2020), 135–39.
4. Ibid., 114.
5. Ray Ortlund, “Ray Ortlund on Renewal for Tired Pastors,” *The Gospel Coalition* (podcast), April 23, 2021, 44:35, <https://www.thegospelcoalition.org/podcasts/tgc-podcast/ray-ortlund-on-renewal-for-tired-pastors>.

Conclusion

1. Timothy Keller (@timkellernyc), “Never, ever, ever, ever, ever think that God’s not working, no matter how much it seems like He’s absent; and at the same time never, never, never, never think you’re going to be able to figure out for a long time what He’s up to,” Twitter, October 3, 2022, 7:11 a.m., <https://twitter.com/timkellernyc/status/1576892568985534465>.
2. “Downton Abbey (2019) Transcript,” *TV Show Transcripts*, written by Julian Fellowes, <https://tvshowtranscripts.ourboard.org/viewtopic.php?f=150&t=36077>.
3. Ibid.