

We “sprinted” to Easter and now find ourselves in a marathon with an unknown finish line. The entire word is under stress and experiencing “global trauma”. (That last sentence is a show stopper/game changer.) How do we help support our ourselves/each other, motivate our people, and truly “see” the needs of our communities?

**SPRINT teams** – help recapture the role and purpose of the church in a new context

A SPRINT team is a designated group of individuals who agree to serve for 6 weeks. During the time of frequent changes the pastor meets with his/her SPRINT team (at least twice per week) to work the details and see them through and, at the end of six weeks, those on the team can make the decision to step back and pass the baton to someone else. This gives the opportunity to discover new people with gifts to serve, live into SMART goals, multiply the work and divide the energy it takes to do it.

**Questions to consider:**

1. In the past 7 weeks (how many has it been??), what have you learned is no longer necessary?
2. If you were given permission and support to do one thing at your church/appointment, what would it be?
3. If you weren't preaching, how would you be leading the church in this season?
4. Who do you need to invite to join you?
5. How are you teaching people to sit in this place of uncertainty?
6. Where is your energy level? (Scale of 1-10 with 10 being high and 1 being low)
7. What do you want more of?
8. What are you doing right now that you know is not sustainable for lifelong and fruitful ministry?

**Suggestions:**

Galatians 6: 1-5

Being called to bear one another's burdens; burdens have changed a bit in all of this. Pastors have taken on the burden of the work and, in some places, felt obligated to add to it (over-function). Many people in and out of the church cannot manage their own loads right now and for those who are pastors, this can be frightening and very unhealthy (more over-functioning/under functioning).

Brene' Brown: Unlocking Us podcast, April 6<sup>th</sup>, “Anxiety, Calm +Over/Under-Functioning”

Richard Rohr meditation: <https://cac.org/between-two-worlds-2020-04-26/>

We might be undermining the trauma of all of this on our people. The death/loss/fear etc is palpable and overwhelming.

Common symptoms in traumatic events (hand-out)

We've made jokes about our IQs dropping 15 points in times of stress and, though it's a true statement, we might be able to do a better job in helping people figure out how to maneuver through it.

