

Seminar Title: Self-Care on the Field: Cross-Cultural Adjustment, Stress and Sabbath

Date and Time: 30 December, 2-3pm

Location: Hilton at the Ballpark Hotel, Gateway 3-5 Room, Room Capacity: 400 people

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Self-Care on the Field: Cross Cultural Adjustment, Stress and Sabbath

- I. What is Self- Care & what it is not
 - A. **Spiritual Wholeness and Health as a Servant**
 - best mission workers are first good receivers
 - John 15:5, Matthew 11:28
 - B. **It is not:** selfish, self-focused, self-centered, optional, luxury
 - C. **Research** amongst workers of the necessity of self-care
 - D. **Whose responsibility is the missionary's care?**
 - Describe the best-care model, concentric circles

- II. Jesus Example of Self-care: 5 examples
 - **self- awareness and priorities** John 12: 45-50, Lk 4:42-43
 - **peers, friends ,and confidantes** Mk 5:37, 9:2, 14:33, Lk 10:38, Jn 12:1-2
 - **time away, prayer, reflection** Mk 1:35, 6:46, Lk 5:16, Mk 6:31-32
 - **celebration and pleasure** Mt 9:10, Lk 19:5, Jn 2:1
 - **allows others to minister to Him** Lk 10:38-42, Jn 11:5, Mk 14:3

- III. General Areas and Practices of Self-Care : Luke 10:27
 - A. **Spiritual Vitality:**
 - Spiritual Disciplines, personal rhythms and habits
 - Spiritual Community for fellowship, teaching, challenge
 - Spiritual accountability, mentors
 - Sabbath rest weekly
 - B. **Emotional Stability:**
 - friendships, peers
 - priority relationships: immediate family, spouse, siblings, children, housemates
 - rest, reflection, solitude
 - hobbies, pleasure apart from work
 - C. **Mental Well Being:**
 - professional and ministry satisfaction, purpose,
 - goals and priorities
 - intellectual stimulation, growth

- healthy self-talk and messages

D. Physical Wholeness:

- Nutrition and Fitness: exercise, diet,
- Sleep Hygiene
- Weekly Sabbath break
- Mini-Breaks and Intentional Vacations

IV. Self-Care when on the Field and During Stress

A. Cultural adjustment,

- adjustment curve for year one
- critical care to implement from the start

B. Temptations to not care for self

- busy, wait till things slow down, no time, neglect
- others are not, I would be selfish, feel guilty
- not exhausted or burned out, no need

C. Stress Factors

- demands out weight the resources
- everyone impacted differently by stress, accumulative
- normal part of missionary service, all life,
- positive and negative, neutral, motivates us
- Tree Diagram: Balance of Self-Care and Stress,
root system beneath the soil and the tree above the ground

V. Best Self- Care Practice: Sabbath

A. What is Sabbath? Why we practice it?

- rest & renewal
- reflection & connection
- celebration & preparation

B. Scriptural Truths on Sabbath:

- Genesis 2, Deut 5:15
- Isaiah 28, 30, 55, 63
- Hebrews 4:9-11

C. General Principles of Sabbath

- Daily: attitude of the heart each day
- Delight: not a burden
- Discover: unique to all, no formula, let it unfold, develop
- Direction: re-direct priorities, refocus, help direct family and friends