



A Local Church Self-Checkup

“Test the spirits to see if they are of God...” 1 John 4:1

Step one: Mark all that apply:

- 1. Our church is vibrant and healthy and we want to continue to be so.
- 2. Our church is fine but we want to improve our mission and ministry.
- 3. Our church has no direction with no excitement, passion, vision or direction.
- 4. Our youth and children are few or non-existent.
- 5. Our church has not had a new member in a very long time.
- 6. Our worship attendance is declining.
- 7. We have trouble raising money.
- 8. Our church is dying and we need help.
- 9. We have conflict in our church.
- 10. Our Sunday School is declining.
- 11. People undermine decisions we make.
- 12. We keep living in the past.
- 13. We have one or more people who like to control everything.
- 14. Our members rarely invite others to worship or to our other ministries.
- 15. We have very little ministry with our community.
- 16. We have church members who hold grudges.
- 17. Our church tends to blame the pastor for whatever happens.
- 18. Our church motto is “We’ve never done it like that before.”
- 19. The real decisions are made in the parking lot and over the telephone.
- 20. We are a friendly church and we want to stay that way.
- 21. We feel the district/conference does not care about our church.
- 22. Sometimes our church does not feel like a church at all.
- 23. Church politics hurt our church.
- 24. We have other issues not mentioned above.

If any of these apply to your congregation, then you might want to consider the Healthy Congregations ministry.

Questions: Contact John Collett (615-329-1177) or Skip Armistead (931-378-0824)



What is Healthy Congregations?

Jesus Is Central: The Healthy Congregations ministry helps churches keep Jesus Christ central to their life, mission and ministry.

Flu Shot: As a flu shot is designed to keep us healthy, the Healthy Congregations ministry keeps the church healthy, preventing viruses of conflict.

Antidote: If a church becomes infected with conflict, Healthy Congregations begins the healing process towards health.

Transformation: The Healthy Congregations ministry assists a local church in transforming negative parts into positives for Christ’s kingdom.

Preparation: Just as farmers prepare soil for the planting of seeds, Healthy Congregations prepares the congregation for new visions and ministry so that change is viewed as a friend, not an enemy.

Calmness: The symbol of the church is a boat. If a church is in the midst of rough waters of anxiety and conflict, it is hard for that church to travel toward its mission, fish for people and help get people on board. Healthy Congregations helps a church to calm the seas of anxiety and conflict.

Healthy Congregations brings an end to unhealthy church politics!



Healthy Congregations is the **ONLY** ministry offered by any church dealing with a church's emotions. Healthy Congregations transforms anxiety and tension into positive energy, preventing conflict. If conflict exists, Healthy Congregations begins the healing process.

When a church is healthy emotionally, all ministries work better. When a church is emotionally unhealthy, the church gets stuck. If a church's emotions are really unhealthy, nothing works. Healthy Congregations strengthens a church's emotional health, making all ministries more effective.

How can our church have a Healthy Congregations training?

When: Each workshop is 4 to 4 1/2 hours long. A Saturday morning, Sunday afternoon, or beginning with worship on Sunday in conjunction with a church-wide covered-dish breakfast, lunch or supper works best. A retreat setting or a series of eight Wednesday-night sessions may also be used.

Who Leads: An experienced-trained facilitator in the Healthy Congregations ministry coaches the local church sessions.

Where: Within the local church or a retreat setting.

Costs: Local church pays an honorarium of its choice to the facilitator coach.

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Let's Do It: Send the following covenant agreement to John Collett, TNUMC Conference Center, 304 S. Perimeter Park Drive, Suite 1, Nashville, TN 37211.

Healthy Congregations Covenant Agreement

Yes, we the leaders of (church) _____ agree to participate in a Healthy Congregations training at our church on (date) _____ at (time) _____. We will encourage every church member elected to a position in our church, unofficial leaders, potential leaders, and members to be present. We understand that the training will be 4 – 4 ½ hours in length depending upon dialogue and breaks. We will have a meal prior to or as part of this training. We agree to give our coach/facilitator an honorarium of our choosing. We agree to have a time of follow-up with our coach three months after the training. Each person in the positions below must sign this document.

Lay Leader: _____

Chair, Administrative/Church Council: _____

Chair, PPRC/SPRC: _____

Chair, Finance: _____

Chair, Trustees: _____

Pastor: _____

Circle Which Ministry Workshop: 1 2 3 4 5 6 Date: _____

The Six Healthy Congregations Ministry Workshops

Jesus Christ is central to the Healthy Congregations ministry!

Workshop 1: Healthy Congregations helps churches accept and deal with differences, disagreements and change in a healthy and productive way, while maintaining a focus on their strengths and mission.

Workshop 2: Healthy Congregations turns negative anxiety into positive energy, potential conflict into positive energy for growth and develop flexibility and creativity while managing any potential conflict.

Workshop 3: Healthy Congregations helps church leaders to *sleep better at night*. This training increases their ability to manage anxiety in themselves and in a congregation through how they function as leaders rather than through programs and techniques. This includes developing leaders with immunity to processes that tear down the fabric of the church community.

Workshop 4: Healthy Congregations improve congregational care and strengthens relationships with members through healthy forgiveness, truth telling, connecting, graciousness, encouragement and care.

Workshop 5: Healthy Congregations help church members work with Christ to take control of their financial resources instead of money controlling them.

Workshop 6: The Spiritual Care of Healthy Congregations focuses on members' spiritual holiness and health, hospitality and their "beginning again as a way of life."

