

A
BBFI
CENTRAL OFFICE
CONFERENCE

HEALTHY CHURCH CONFERENCE

CONFERENCE WORKBOOK



2024

HOSTED BY

HEALTHY CHURCH CONFERENCE

thank you



Welcome to the Second Annual BBFI Healthy Church Conference. I want to first say thank you to the churches and/or State Fellowships and the host pastors who have partnered with the Central Office to facilitate this event. It would not have happened without you. Second, I would like to say thank you to the four men who took the time to prepare and record the video content for this conference. Dustin Janney, Ed Holland, Otis Ledbetter, and Steve Reynolds all did an outstanding job of providing timely messages that I believe will both be an encouragement and a challenge. I am thankful to call each of these men my friend.

Last year's Healthy Church Conference had two themes: being a healthy pastor and having a healthy church. This year, our focus is solely on the pastor. Before the church can be healthy, the pastor must be healthy. We will be focusing on four areas of pastoral health: spiritual health, mental health, relational health, and physical health. From my observation, most pastors are doing well in one, two, and maybe even three of these areas. I know few pastors who are extremely healthy in all four areas. My challenge to you is to select one or two areas of focus today and commit the next few months, maybe even the remainder of this year, to growing in health in that area.

One of the things I appreciate about the Healthy Church Conference being a regional conference is that each region and host has the flexibility to customize the conference to the particular needs of the area. Some groups are meeting over a weekend, others for an evening gathering, and still others almost as a normal monthly State Fellowship meeting.

Regardless, the format will be simple. After a couple of brief welcome and introduction videos from myself and BBFI President Jon Haley, you will watch a video on one of the four topics. After each video message, you will have a time of discussion around a table. This time of discussion is the secret sauce for having an effective time together. The questions are probing, and some might make you a little uncomfortable. You will benefit the most by opening up and being transparent with your brothers in ministry. I can't overemphasize this enough. After a time of discussion, the host will play the next video covering another topic, and then you will go into discussion groups on that topic.

There are also some reflective-type questions for you to consider on each topic after you return home. This conference is more than just a time to get away and check a box that you attended. The goal is growth. That goal will only be accomplished when you make it personal.

I am praying for you and I am praying that God would use this year's Healthy Church Conference to be a help and an encouragement and that He would receive much glory for all that is accomplished.

Randy Harp
BBFI Central Office

SPIRITUAL HEALTH

Dustin Janney is the Pastor of Orlando Baptist Church in Orlando, FL. He and his wife, Brooke, have four children.



Dustin Janney

Questions for Ministry Leaders About Personal Spiritual Health

- Do you hunger and thirst for God?
- Are you growing more dependent upon God's Word?
- Are you loving others more than yourself?
- Are you more sensitive to and aware of God's presence?
- Do you have a growing concern for the spiritual needs of others?
- Do you delight in the bride of Christ?
- Are spiritual disciplines increasingly important to you?
- Do you still grieve over sin, both yours and others?
- Are you a quicker forgiver?
- Do you yearn for heaven and to be with Jesus?

Discussion Questions

1. What are your first thoughts after hearing Dustin Janney's message on spiritual health? What is a statement that he made that really stood out to you? What is a Scripture he used that really spoke to you?
2. What does a spiritually healthy pastor look like? Come up with a top ten list of characteristics of a healthy pastor. Does this look like the average pastor you know? Does this look like you?
3. Have you ever been guilty of leading on a spiritually empty tank? Have you ever just gone through the motions? Why is this so dangerous? How common do you think this is for pastors across the country? How do you guard against spiritual complacency?
4. How do you prioritize your own spiritual health? How do you ensure your time with God is for yourself, not just for those you lead? What does this tangibly look like for you?
5. What has been the best resource for you personally to help you grow in your walk with Christ?
6. What does a healthy prayer life look like? How can you cultivate a consistent prayer life?
7. Which spiritual disciplines listed in Matthew 6:1-18 (giving, praying, and fasting) is the greater challenge for you?
8. Who is holding you accountable for your own spiritual health? What makes a good accountability partner? Should it be someone in your church or someone outside the church? How often should you meet? What should they ask you?
9. What is your favorite Scripture on Spiritual growth?

MENTAL HEALTH

Ed Holland is the founder of Envision Solutions, a ministry designed to help churches through church revitalization. He currently lives in Fort Worth, TX.



Ed Holland

Questions for Ministry Leaders About Mental Health

- Why is addressing mental health important in the church?
- What is the church's role in supporting mental health in the church?
- What are some ways church leadership can foster mental health in the church? In their community?
- What are the biggest challenges facing church leadership when it comes to mental health in the church?
- How can church leaders apply faith-based approaches to mental health issues?
- What stops people in the church from seeking help with mental health issues?
- How can a pastor or church leader teach about mental health if they're struggling with it?
- What does the Bible say about mental health?
- When do you know it's time to refer a church member to a professional?
- How do I refer a church member to a mental health professional?

Discussion Questions

1. What are your first thoughts after hearing Ed Holland's message on mental health? What is a statement that he made that really stood out to you? What is a Scripture he used that really spoke to you?
2. Why do you think there is so much talk about mental health today? Is this a recent issue, or has it been going on for a while?
3. Do you think pastors struggle with mental health issues? If someone is spiritually mature enough to lead a church, how can they struggle with mental health?
4. What does the Bible say about anxiety, worry, and stress? How many pastors do you think struggle with these issues? How often do you struggle with any of these three issues? How can we lean on God's strength when our minds are overwhelmed or burdened?
5. Who are some biblical examples who experienced mental health challenges, and how did God meet them in their struggle?
6. Do you agree that emotional health and spiritual maturity are inseparable? How can prayer and meditation on Scripture contribute to our mental well-being?
7. What does the Bible say about renewing our minds and transforming our thought patterns? How do biblical wisdom and discernment guide us in managing our emotions and thoughts? How can the practice of thankfulness and gratitude positively impact our mental health?
8. How do you address mental health in your church? Do you preach on the topic? Do you provide help to your church members struggling with mental health issues? When do you know it is time to recommend a church member to a professional?
9. What are some resources that have helped you understand mental health?

RELATIONAL HEALTH

Otis Ledbetter is the Pastor of the Sunrise Church in Clovis, CA. He and his wife, Gail, have three married adult children and twelve grandchildren. .



Otis Ledbetter

Questions for Ministry Leaders to Ask Their Families Regarding Relational Health

- What have I done well as a husband and father?
- Does my love for you as my wife reflect the way I say Jesus loves the church?
- Have I ever embarrassed you from the pulpit?
- Do you now, or have you ever, seen me as a hypocrite?
- Knowing me as you do, would you want me to be your pastor if I weren't your husband or father?
- Based on what you know about me, do I read my Bible and pray on days other than Sunday?
- Have you ever felt like I was more committed to the church than to you?
- What can I do to show my love for you better than I do?
- Have I ever treated you as "the preacher's wife" or "the preacher's kids" more than as my loved family?
- Questions for Ministry Leaders to Ask Their Families Regarding Relational

Discussion Questions

1. What are your first thoughts after hearing Otis Ledbetter's message on relational health? What is a statement that he made that really stood out to you? What is a Scripture he used that really spoke to you?
2. In the book "Choosing to Cheat," the author makes the claim that everyone cheats something. It could be work, spouse, kids, physical fitness, service to the community, financial goals, hobbies, etc. Has your wife ever felt cheated by your ministry? Does she now?
3. How do you balance ministry and family without neglecting one or the other? Does your family feel like they are your number one ministry?
4. How open should you be with your wife about conflict in the church? Do you have a biblical reason or a practical reason for your position?
5. What is the hardest thing for your wife in her role as a pastor's wife? What is the hardest thing for your children in their role as pastor's kids?
6. How does your church allow and/or encourage you to have a strong marriage and family?
7. How often do you and your wife sit down and talk with no distractions? Do you intentionally set aside time for this? What do you each need in terms of openness and depth of communication? How do you differ from one another?
8. When was the last time you went on a date with your wife ... that wasn't a church function? Do you practice the discipline of diverting daily with your wife, withdrawing weekly with your wife, and abandoning annually with your wife?
9. How do you pass your faith to the next generation? What are family traditions you hope your children will continue?
10. What are examples from your marriage of practices that help you have a healthy marriage? What are some example from your family of practices that help you have a healthy family (relationship wit children)?

PHYSICAL HEALTH

Steve Reynolds is the founding pastor of Capital Baptist Church in Annandale, VA. He and his wife, Debbie, have three married adult children and nine grandchildren.



Steve Reynolds

Questions for Ministry Leaders about Physical Health

- What is your ideal weight?
- How do you balance your diet?
- How much water do you drink daily?
- When will you exercise each day/week?
- How will you ensure you get proper rest?
- How much time do you waste watching TV or surfing the internet?
- How much sunshine do you get consistently?
- How often do you brush your teeth ... and floss?
- Who is going to hold you accountable for your physical health?
- Are you seeing a doctor for regular checkups?

Discussion Questions

1. What are your first thoughts after hearing Steve Reynold's message on physical health? What is a statement that he made that really stood out to you? What is a Scripture he used that really spoke to you?
2. Do you agree that physical health is the lid on your entire life? How have you seen physical health be a limit for pastors? How do you know when you are "out of shape?"
3. Why are so many pastors overweight? Is gluttony a sin? What is gluttony, and how would you define it? Why is this sin overlooked by many today?
4. How does the Bible emphasize the importance of taking care of our bodies? How can we glorify God through our physical health and the way we treat our bodies?
5. Is it possible to focus too much attention on our physical health? What are the consequences? How can we navigate the tension between valuing physical health without idolizing our bodies?
6. Are there examples in Scripture of individuals who displayed good physical health? Are there biblical principles to guide our choices regarding the food we consume?
7. How do our cultural views on physical appearance and beauty align with biblical teachings on physical health?
8. What role does rest and Sabbath play in maintaining our physical health? What do you do to "unwind" from the stress of ministry? What are your favorite physical hobbies?
9. How often do you preach on physical health? How important is it for you to lead by example what it looks like to be physically healthy? What opportunities does your church provide to ensure physical health for church members?

BBFI CENTRAL OFFICE

Central Office

The BBFI Central Office was announced during the September 2022 National BBFI Meeting in Springfield, MO, and officially launched on January 1, 2023. It is the result of a multi-year strategic planning exercise completed by the BBFI Executive Committee and Entity Leaders. Randy Harp currently serves as the executive director of the BBFI Central Office.

To help understand this new office, it is good to answer a few basic questions: why and what.

Why Does the BBFI Need a Central Office?

The BBFI has always been led by volunteers, meaning the work of the BBFI has always been secondary to their work in their local church, as it should be. The challenge to an organization's size and scope of the BBFI being led by volunteers is that there are times when things slip through the cracks or are not followed up on as they should be. There is a need for a central office fully dedicated to serving the essentials of the BBFI as a whole.

Most everyone would agree that the greatest strength of the BBFI is the missions program. One of the reasons why BBFI Missions is the absolute best is because there is a mission office completely devoted to missionary efforts. There is a need for a central office equally devoted to helping strengthen pastors and churches here in America.

The world needs the BBFI to be healthy. There are more people in our world living apart from Christ today than at any time in history. As the world's population grows, the BBFI missionary force is in decline. As the United States population grows, domestic church planting is near critical. As the need grows, fewer and fewer young people are surrendering to full-time vocational ministry and attending BBFI colleges. This must change.

The primary motivation for the Central Office is not the need but rather the incredible opportunity that lies ahead. As rich as the BBFI's history is, the potential for future fruit far surpasses that of its past.

The purpose of the BBFI Central Office is to serve and strengthen the pastors and churches of the BBFI as they fulfill the Great Commission.

What Does the BBFI Central Office Do?

The BBFI Central Office serves at the pleasure of the BBFI Executive Committee. It has no authority over any other BBFI entity. With that said, there are five specific areas where the Central Office will focus its attention. Moving forward, these areas have been identified as the greatest needs in the BBFI.

- **Working with State Fellowships**

This includes onboarding new state representatives and continual training of existing state representatives. This is accomplished through quarterly Zoom calls, an annual state rep advance (in-person gathering), and one-on-one meetings and conversations.

BBFI CENTRAL OFFICE

- Continued -

Central Office

- **Coordinating regional and national conferences/fellowship meetings**

This includes organizing, promoting, and implementing regional conferences. This is both in-person and virtual conferences. This also includes working alongside the BBFI Executive Committee and host pastors to organize, promote, and implement national Fellowship meetings.

- **Assist with church planting and church revitalization**

This includes working with the BBFI 3rd Vice-President to recruit new church planters, participate in the APEX church planter assessment, and train church planters. This also includes working with the BBFI 4th Vice-President to develop resources and provide opportunities for training in the area of church development and revitalization. This also includes assisting local churches through church consultations.

- **Continual communication**

This includes digital communication via multiple websites, social media, and emails. This also includes digital communication through podcasts, webinars, and Zoom calls. This also includes relaunching Tribune Publishers to provide resources written by and for BBFI pastors, missionaries, and churches.

- **Networking within and outside of the BBFI**

This includes networking in three specific areas. First, the Central Office will continue to network with local churches. Second, the Central Office will network with para-church ministries. This includes establishing relationships with like-minded ministries that align with and strengthen BBFI pastors and churches. Finally, there is corporate networking. This includes establishing corporate partners that serve the BBFI, such as Logos Bible Software and GuideStone Retirement.

How Does the BBFI Central Office Accomplish This

The Central Office is dependent upon financial support and partnerships from local churches, businesses, and corporate partners. An investment in the BBFI Central Office is an investment in pastors, missionaries, church planters, church staff, and ultimately, every member of a BBFI church.

Would you consider partnering with the Central Office? There is an immediate need for one-time gifts as well as consistent monthly partners. Visit www.bbfi.org/give to donate today.

Randy Harp
BBFI Central Office, Director



Donate Now

APRIL 30
MAY 3

APOLOGETICS

BBFI FELLOWSHIP WEEK 2024



BBFI National Fellowship Meeting

Rapid City, SD
September 16-18, 2024



One Mission
John Stroup



One Family
Linzy Slayden



One Vision
Jon Haley



BAPTIST BIBLE FELLOWSHIP
INTERNATIONAL



www.bbfi.org/bbfi2024