

# Practising Soul Care Towards Fruitfulness

“WELL DONE, GOOD  
AND FAITHFUL SERVANT!  
YOU HAVE BEEN FAITHFUL  
WITH A FEW THINGS; I WILL  
PUT YOU IN CHARGE OF  
MANY THINGS...”

MATTHEW 25:21 (NIV)

CMA NATIONAL CONFERENCE

# FAITHFUL

In God's Work, in God's World



**Dr. Omar Djoeandy**

*National Director*

**AUSTRALIA**



спасибо  
danke 謝謝  
ngiyabonga  
teşekkür ederim  
dank je  
gracias  
tapadh leat  
hvala  
mauruuru  
dziękuję  
sagolun  
sukriya  
kop khun krap  
go raibh maith agat  
arigatō  
takk  
dakujem  
merci  
merci  
terima kasih  
감사합니다  
mochchakkeram



FAITHFUL – C

FAITHFUL – CMA National Conference

**SIM**  
Serving In Mission

[www.sim.org.au](http://www.sim.org.au)

## **3 John 2** (NIV)

**Dear friend,**

**I pray that you may enjoy good health  
and that all may go well with you,  
even as your soul is getting along  
well.**

# Introduction

- **Chinese – Indonesian – Australian**
- **Follower of Jesus since young**
- **16 years – convinced Jesus only way, truth and life → willing to be a missionary.**
- **Medicine at UNSW, in Sydney (79 to 84)**
- **MDiv. at NEGST (Nairobi Evangelical Graduate School of Theology) '86-90**

# Introduction

- **93-97 - Medical Doctor – General Practice**
- **98-'03 - Associate Pastor at Nairobi Chapel in Kenya (church grew from 800 to over 2000 people)**
- **March '04 - National Director SIM (Serving in Mission) Australia**



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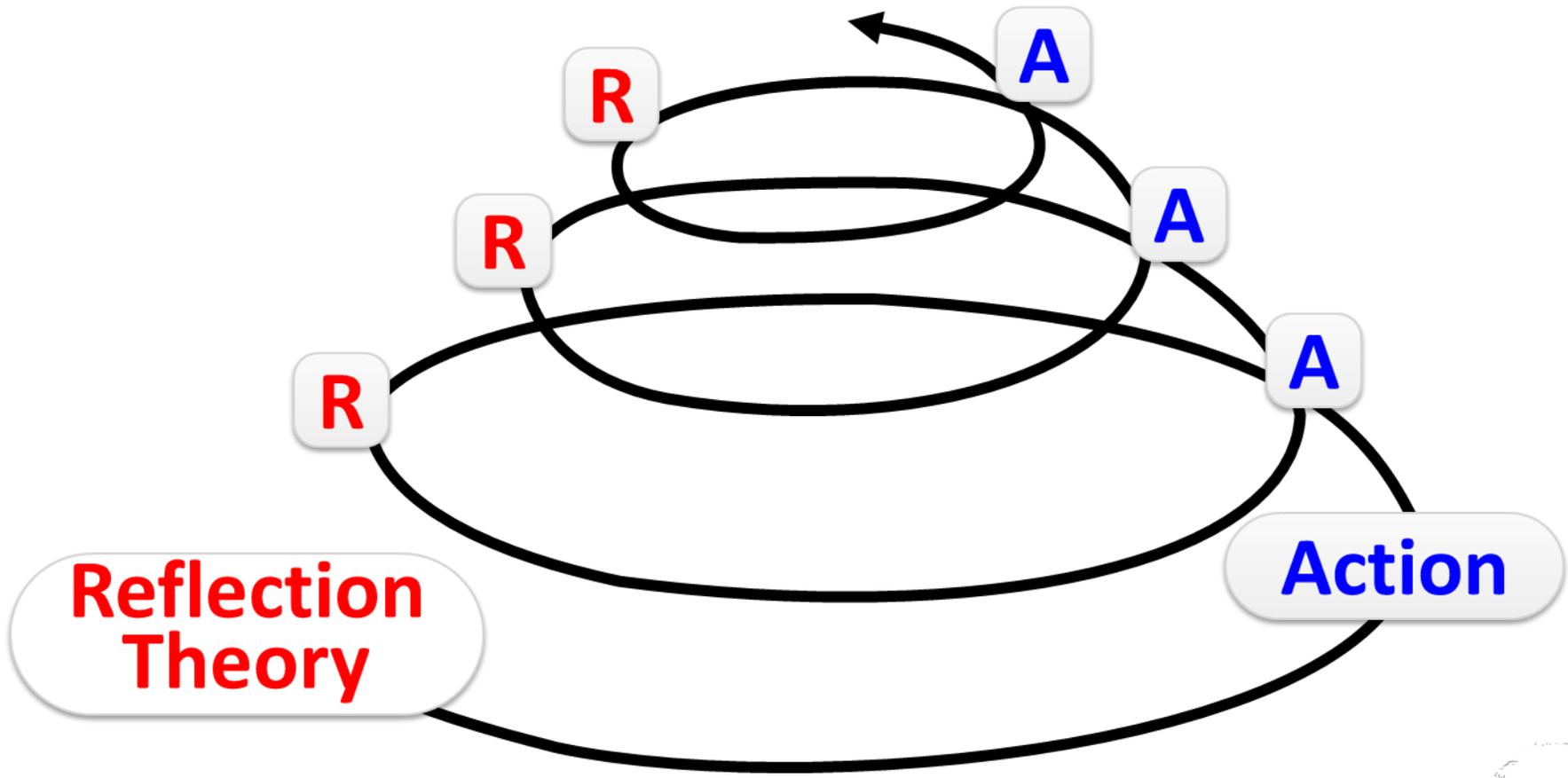


# Foundations to well-being or 'shalom'

- 1. God is a good Father**
- 2. Being God's child and following Jesus**
- 3. Well being:**
  - knowing God intimately and being His child**
  - to be fruitful, effective follower of Jesus**
- 4. Practising not just theorising**

# PRACTISING Soul Care

## In addition to knowing



# Well-Being & Fruitfulness

Describe for you

- 
- 
- 
- 



Discuss in twos

# Well-Being & Fruitfulness

- **Shalom – holistic peace**
- **Harmony - Relationship**
- **Joy**
- **Enthusiasm**
- **Effectiveness**
- **Longevity**
- **Not just for self**



A top-down view of a whirlpool in green water, with a central vortex and swirling currents. The text is overlaid on the image.

# Whirlpool of self-absorption

**Possessions**

**Mortgage**

**Success**

**Career**

**Lifestyle**

**Fears**

**Happiness**

# **John 15:16** (NIV)

**You did not choose me,  
but I chose you  
and appointed you so that you might  
go and bear fruit  
—fruit that will last—  
and so that whatever you ask in my  
name the Father will give you.**

# Jesus' Mission for us **Acts 1:8**

**“ you will receive power when the Holy Spirit comes on you; and you will be  
my witnesses**

**in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.**



# Empowered to be Christ's Witnesses

- **Local – Jerusalem, Judea**
- **Cross-cultural – Samaria**
- **Global – To the ends of the earth**
- **Simultaneously and life-long**



# Practising Soul Care Towards Fruitfulness

## Well-Being & Fruitfulness

where we <sup>are</sup>  
want to be



# Practising Soul Care Towards Fruitfulness

Well-  
Being  
& Fruit-  
fulness



Busyness - where we  
often find ourselves



# Busyness

- **Distracted**
- **Discouraged**
- **Distressed**
- **Drained**
- **Disoriented**
- **Devastated**



# Bombarded by Noise, Voices, Demands



# DANGER! DO NOT ENTER

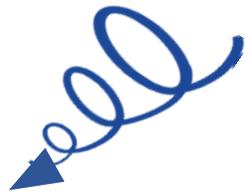
Well-Being & Fruitfulness

What would motivate someone to spiral down to ill-health?



Our choice?

Busyness



Ill-Health



# Ill-Health

Where we DO NOT want to be

Burnout

Breakdown

Barrenness

Bitterness

Isolation



# 1 Kings 19:3-4 (NIV)

**It could happen to the “best”, you and me:**

**Elijah was afraid and ran for his life ...  
He came to a broom bush, sat down  
under it and prayed that he might die.**

**“I have had enough, Lord,” he said.**

**“Take my life ...”**



# DANGER! DO NOT ENTER

Well-Being & Fruitfulness

Identify choices you make that lead to:

- Downward spiral
- Upward spiral



In order for me to choose the upward spiral more often than downward I need:

\*

\*

Discuss in twos or jot down



# Practising Soul Care Towards Fruitfulness

Well-Being &  
Fruitfulness

Soul Care

~~Business~~

~~Ill-Health~~



# Practising Soul Care Towards Fruitfulness

Well-Being &  
Fruitfulness

- What refreshes  
your soul?



## Soul Care

- Identify some areas where you have  
been practising good soul care
- Jot down
- Where would you like to improve?

# Practising Soul Care Towards Fruitfulness

Well-Being &  
Fruitfulness

Soul Care

Exercise Choice?

Responsibility

Business

Ill-Health



# Silence and Solitude

- Turn OFF Noise and Voices – need to be deliberate



- Turn ON and tune in to Jesus
- How do you listen to Jesus?



**At the  
“office”**



***Jesus, “Come Follow Me and  
I will make you fishers of men.***

**<sup>18</sup> And they left their nets at once  
and followed him.” (Mark 1:17, 18)**



# Synergy with others

**Sport**

**Squash**



# REDEFINING SUCCESS

The World's Definition of Success  
Essentially according  
to what you  
**POSSESS**



# Jesus directly contradicts the world

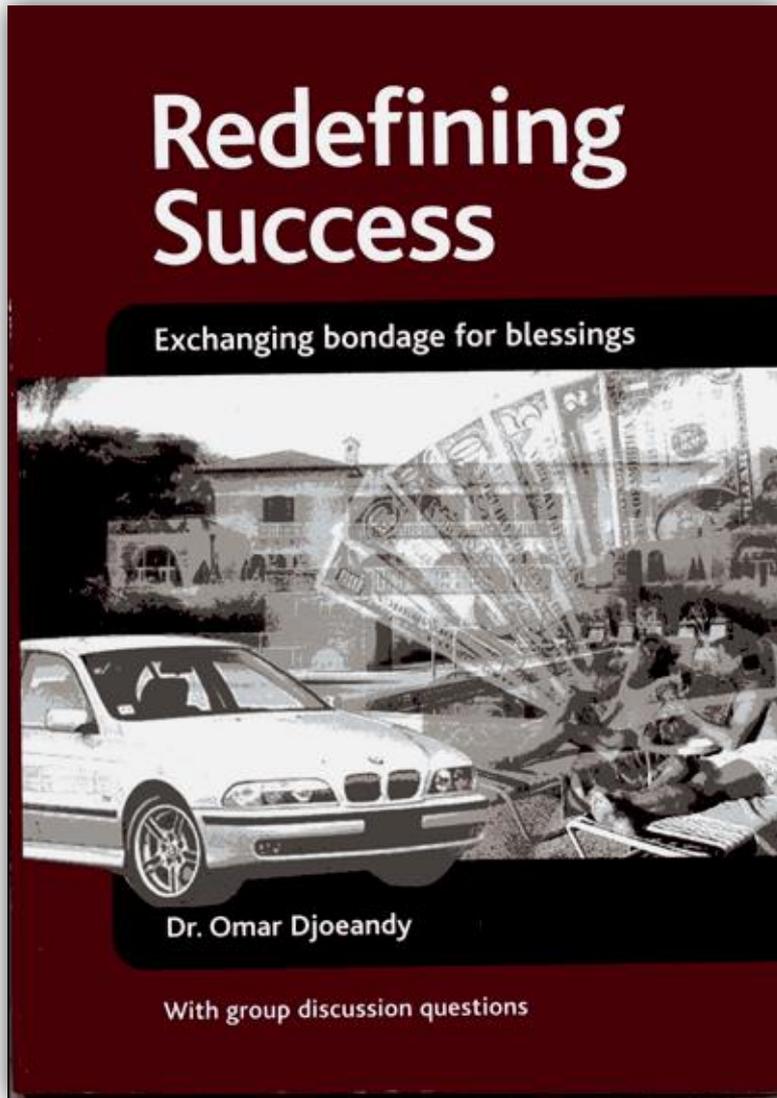


**Watch out!**

**Be on your guard  
against all kinds  
of greed;  
a man's life does  
not consist in the  
abundance of his  
possessions**

**“Real life is not measured by how  
much we own” (Luke 12 NLT)**

# Being Rich towards God



**Dependent upon  
God as children  
(*more than self-  
sufficiency*)**

**Kingdom-centered  
(*more than self-  
absorbed*)**

**Generous to the  
poor**



# Journey in Following Jesus – apparent contradictions



[www.givenworks.com](http://www.givenworks.com)





**Not so much valleys  
and mountaintops**

# Roller coaster of emotions and experience



# PARALLEL TRACKS OF APPARENT CONTRADICTIONS , SIMULTANEOUS SORROWS AND JOYS



**JOY**

**Praise**

**Success**

**Victory**

**SORROW**

**Lament**

**Disaster**

**Defeat**

**Romans 12: 15**

**“Rejoice with those who rejoice;**

**Mourn with those who mourn.**

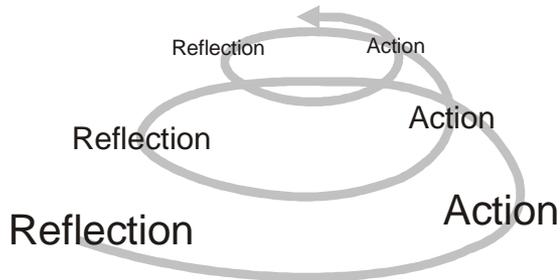
A group of people, including men, women, and children, are walking along a dirt path in a rural setting. The path is flanked by simple, low-rise buildings with corrugated metal roofs. The sky is bright and cloudy. A semi-transparent text overlay is present in the center of the image.

**Die to truly live**

**Power in weakness**

**Overwhelmed to experience His rescue**

# Practising Soul Care Towards Fruitfulness



## Well-Being & Fruitfulness

### Soul Care

- Silence and Solitude
  - Seek and Listen to God
  - Synergy with others
  - Sport
  - Success – Redefine
  - *Your Practise?*
- Harmony
  - Effectiveness
  - Joy
  - Enthusiasm
  - Longevity
  - Community

### Busyness

*Output > Input*

- Voices
- Distracted
- Discouraged
- Distressed

### Ill-Health

*Ill-health*

- Burnout
- Breakdown
- Barrenness
- Bitterness
- Isolation

**Practising soul care is essential to grow in well-being and fruitfulness:**

## ***Highlights***

***What will you commit to do different?***

***What actions will you take to practise essential soul care?***

***What support do you need?***

**John 7:37-39** NIV Jesus said:

**“Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them. By this he meant the Spirit”**

