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Tal Prince: Hello and welcome back to the Five Factors Podcast. This is Tal Prince, here along with my cohost, co-founder, one of my closest friends in the world, the right reverend and legendary Matt Adair. Matt, how are you?

Matt Adair: You know Tal, I think the word that comes to mind today is glorious. I am glorious Tal.

Tal Prince: I've never heard that response from you. Help me with that, so now as a therapist I must dive into this, tell me more about glorious Matt.

Matt Adair: It's real simple, my family loves the WWE as we have established and Bobby Roode, the glorious Bobby Roode has recently debuted on the main roster. My nine year old is very excited about that because he loves the glorious Bobby Roode's entrance. It is in fact glorious.

Tal Prince: I'm woefully unfamiliar with any of that.

Matt Adair: So there's no follow up question on that because-

Tal Prince: No, you win.

Matt Adair: It's over and done. It's rare that I can get the best of you in these verbal jousting matches but there we are.

Tal Prince: This is true. This is true. Next time, in the next podcast be looking friends for me to quiz Matt about his Barclays Premier League knowledge.

Matt Adair: Yeah, that's going to be a very short conversation.

Tal Prince: By the way, Zlatan Ibrahimovic just resigned with Manchester United so I'm in a good mood.

Matt Adair: That's great. Hey Tal, you remember the eclipse that we had in August?

Tal Prince: I do remember that.

Matt Adair: Future sponsor of the podcast, dapper.com, which is where you gentlemen should go for all of your style help because we all need style help. We're going to play a little game here on the podcast today. Our friends at dapper.com, again future sponsor of the podcast, they have a list that says, "20 menswear items that will not go out of style between now and the next US solar eclipse in 2024." 20 things that are going to stay in style for the next seven years. Here's the game, I'm going to read the menswear item and we're going to play a simple game of true or false.



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Tal Prince: Okay, alright. So I get it.

Matt Adair: You're going to say true or false whether this will still be in style in 2024. We're going to see how right they are. You ready?

Tal Prince: Yes because I hold all knowledge.

Matt Adair: That's part of the fun.

Tal Prince: Okay, let's go, let's see what this looks like.

Matt Adair: Number one, aviator style sunglasses.

Tal Prince: I'm going to say no.

Matt Adair: Okay. I'm absolutely sure that that's because you're thinking about Top Gun, which is an entire podcast episode waiting for us down the line.

Tal Prince: I don't think they need to hear my thoughts on Top Gun, well maybe.

Matt Adair: Number two, a navy blue wool sport coat or blazer.

Tal Prince: Yeah, that will still be in.

Matt Adair: True, okay.

Tal Prince: Number three, the Oxford cloth buttoned down shirt.

Matt Adair: That will still be in.

Tal Prince: Number four, the single breasted notch lapel above the knee wool top coat.

Matt Adair: Single notch, that's very specific, single notch above the knee wool trench coat. I'm going to say no to that.

Tal Prince: Got it. Number five, the dive watch.

Matt Adair: The dive watch will still be there.

Tal Prince: Okay. Number six, fitted but not skin tight crew neck t-shirts.



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Matt Adair: Yeah, that will be there.

Tal Prince: Number seven, the suede chukka boot.

Matt Adair: Boy, it's hard to beat a good pair of suede chukka boots, let's just be honest. I'm going to say that's still going to be there.

Tal Prince: Alright, number eight, the single breasted two button flat front with medium break navy suit.

Matt Adair: No.

Tal Prince: Number nine-

Matt Adair: I'm going to predict three button by then, unless you are a person of a different ethnicity and it may be up to six buttons on that coat.

Tal Prince: Yes, as long as we don't go back to the Leo McGarry wide lapels from circa 2002.

Matt Adair: Jack Nicholson as the Joker?

Tal Prince: Exactly. Number nine, number nine, and this is an entire podcast episode in itself as well, clean shaven.

Matt Adair: I would love to see that but I'm going to say no, that's not ... Are they saying that clean shaven is in style now?

Tal Prince: Here's the description.

Matt Adair: Yeah, help me with that.

Tal Prince: Beards have been in for a while now but being clean shaven will never go out of style, it's professional and smart looking.

Matt Adair: Yeah, that's true. That's true, that's true.

Tal Prince: Alright, number 10-

Matt Adair: There will be however growth in beards continuing, and that will in that next podcast.

Tal Prince: Yes it will.



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- Matt Adair: Number 10, hand writing a thank you note.
- Tal Prince: Yeah, that will still be there for those with class.
- Matt Adair: Number 11, straight or slim, but not skinny, dark denim.
- Tal Prince: Yeah, it'll still be there.
- Matt Adair: Number 12, a little bit of matte hair product, not a lot, just a little.
- Tal Prince: Sure.
- Matt Adair: You have a strong opinion on that one, don't you?
- Tal Prince: Yeah.
- Matt Adair: Number 13, dark brown Oxfords.
- Tal Prince: For those of us losing our hair, we really don't care.
- Matt Adair: That's going to come up in just a minute.
- Tal Prince: Okay, good.
- Matt Adair: Number 13, dark brown Oxfords.
- Tal Prince: Dark brown Oxfords. Man, I feel like I'm saying yes to everything, but I feel like that's going to be there. I can't see dark brown Oxfords going out.
- Matt Adair: Okay. Number 14, the bald guy bic or buzz cut.
- Tal Prince: Yeah, only because the bald guy has few options.
- Matt Adair: Right.
- Tal Prince: What do we have? We don't have a lot of options.
- Matt Adair: The description here is apt, it says, "It's going to stay in style because the alternatives are just so terrible. Fellows, fire it before it quits on you."
- Tal Prince: The preemptive break up if you will.



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Matt Adair: Yes.

Tal Prince: Awesome.

Matt Adair: Alright, number 15, flat front crease free slim but not tight cotton chinos.

Tal Prince: Man, I feel a strong comeback coming from the pleat contingent, which frightens me. I'm going to hope that's not true and just out of sheer optimism I'm going to say, yes the flat front will still be in style.

Matt Adair: Praise you. 16, being in shape.

Tal Prince: Is it in style versus is it in ... Yeah, being in shape's going to always be in style. There are many things that are in style that nobody does, but yeah.

Matt Adair: That's its whole secondary issue, probably a podcast.

Tal Prince: It will be in style, yes. No one's going to go like, "Yeah, no. Man, obesity, that's the thing."

Matt Adair: Alright, I'm going to combine 17 and 18 together, the crisp white or light blue semi spread collar dress shirt.

Tal Prince: Always in style, a classic.

Matt Adair: Number 19, a simple minimalist dress watch between 38 to 42 millimeters in diameter.

Tal Prince: Crap that's specific.

Matt Adair: We're bringing our game today.

Tal Prince: Apparently, yeah. Sure, why not, sure.

Matt Adair: Alright, number 20 to finish our game, marina wool v-neck sweaters.

Tal Prince: Yeah, that will be there, that will be there.

Matt Adair: Yeah. I have to be honest, guys at dapper.com, future sponsor of the podcast.

Tal Prince: Future sponsor.



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Matt Adair: This was a very good list but you kind of buried the lead here, we ended with a whimper. There's you list guys, dapper.com for all of your style-

Tal Prince: What were the answers? I answered many of them, I don't know if I ... what were the answers of each one.

Matt Adair: The answers are yes.

Tal Prince: Every one of them is in style.

Matt Adair: They are saying all of those things will be in style in 2024.

Tal Prince: I said not to what? What did I say no to?

Matt Adair: I have no idea.

Tal Prince: Well, I was right.

Matt Adair: If you're listening and you were playing along with the game and keeping score, you let us know. We'll find out.

Tal Prince: I was good at least 18 out of 20 on that, if not higher.

Matt Adair: Yeah, it was pretty strong, but that's because you are a style icon.

Tal Prince: This is true.

Matt Adair: Tal, this is the Five Factors podcast, is it not?

Tal Prince: It is, and soon to be six with adding a factor of fashion.

Matt Adair: Yeah, we're not doing that. That has been done by other pastors and we're staying out of that game.

Tal Prince: Please, thank you Jesus.

Matt Adair: We might just give some breadcrumbs to help out any friends out there who need help.

Tal Prince: Absolutely, absolutely.



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Matt Adair: The Five Factors podcast, this is basically a conversation between the two of us and you, the listener, about a different way of thinking about leadership. When we talk about the Five Factors we're talking about a framework really helping you focus on the things that if you pay attention to these five things in your life, it's going to give you the best opportunity to thrive as a leader.

When we talk about the Five Factors, we're talking about mental health, we're talking about physical health, relational health, spiritual health and vocational health. When we talk about these things, we talk about physical health and strength, we talk about mental health, being resilient, relational health, being present with the people that matter most to us. We talk about vocational health and our ambition for the glory of God in the work that we do. The factor we're going to talk about today is spiritual health and talking about hope.

Again, the idea for us is all of these things are critical, all of these things matter. They all kind of interplay with one another. But today, as we talk about spiritual health, it's pretty significant, it feels like it's the foundation for everything we do, particularly for those of us who are ministry leaders. Tal, one of the things that we've talked about and really wrestled with is this question about why aren't ministry leaders more spiritually healthy?

Tal Prince: Yeah. The answer to that is, jeez, more than we have time for I know. At a snorkeling depth today, why are ministers not more spiritually healthy? I think there's a variety of reasons but at the end of the day I think they're not spiritually healthy because you get into the pace, you get into the rush, you get into the race and it is really hard not to start to believe at some point that you are actually doing this.

It's something that I watch all the time, a lot of my clients come in and they're pastors, and they'll talk about like, "I have to do, and I have to do, and I have to do," and the tyranny of the urgent. But they're believing that they're actually capable of doing these things. They want their people to look to them. They want to be Jesus for their congregation, so they're standing there and so now they must, by definition if that's by into, they must hide their flaws.

Jeez, we're not going to be spiritually healthy if we're hiding anything, if we are being deceptive at any level, we're not going to be spiritually healthy. We're not going to be spiritually healthy if we believe we're capable of doing anything, that it's my church. These are my people, this is my church and this is what I'm doing here, and this is the way we have to go because I'm saying that. There's not a lot of spiritual connection. I think you and I are both familiar with so many pastors. I remember, do you remember Louis Drummond?

Matt Adair: How can you not remember?

Tal Prince: Louis Drummond back Beeson Divinity School, Gene Cat Louis, I'm trying to not go on a sidebar here. Louis said, and I don't know where he got this and I don't know if it was legit or not but



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anecdotally I would say, yeah this seems right in my experience now as a counselor, that the average minister spends less than seven minutes a week in meaningful prayer for the congregation. If we're not praying, if we're not plugged into our very source of hope, then we're not going to be very hopeful. If we're not very hopeful, we have zero spiritual health and believe it is on us to take care of everything on our own.

Matt Adair: Right. You mentioned hope and that's really, as we've put together this part of the Five Factors framework when we said, I think that's what we're looking for when we think about spiritual health. If there's one thing for us to look at and it's really hope in who God is and what God has done and the story that we call the gospel. This incredible news of here's what God has done, is doing and will do throughout human history. That should leave us with hope.

Again, what we're put together here is based on our experience. You mentioned you being a counselor as a licensed therapist, me as a pastor, a consultant, an executive coach. We're bringing all that into play here as we think about spiritual health and hope. Then as we've really laid this out we've said, "You know, the elements involved in spiritual health include things like gratitude and rest and generosity." I want to talk about those with you. Let's start off with this idea of gratitude. Talk to me a little bit about the relationship between hope and the practice of gratitude.

Tal Prince: To go back, what I said just a minute ago to frame all that down into one thing, I think why we're spiritually unhealthy is self-reliance, the illusion of self-reliance. Gratitude I think is one of the quickest most effective ways to recalibrate where you are on reliance. If I'm believing that I can help myself, if I'm believing ... We will tell our people all the time, the gospel is not, pull yourself up by your own bootstraps, but we will live that way.

Matt Adair: Right.

Tal Prince: We're telling them a gospel, yet we're showing them a works based life. We're showing them this illusion of self-reliance. That's hard and it's incongruent. That leaves people in a very stressful place, and a very hopeless place. I think the best illustration I'll ever have on gratitude is my own experience in rehab. Yes, you heard that correctly. I was in rehab, I'm sitting there on night one and there's these check-in sheets that we had to fill out.

Here's this check-in sheet, so I got to go through all of these things, like, "Did you feel tempted to use your drug of choice today? Did you ... " Going through all these questions, "Do you feel anxious today? Do you feel angry? Where on your body do you feel that?" A lot of great, great questions that I found zero value in on night one. I'm sitting there, you turn it over and there's one question on the back of this page. It says, "What are you grateful for today?"

That question was not the question I wanted to see, because it just infuriated me. What I wrote was, and I will not say what I wrote because it may or may not have included much more colorful



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language. There's a reason I like Martin Luther. What I wrote is, "Not a single thing." I was mad, I was furious, and I did not know at this point, on night one of rehab, that on morning one of rehab your supposed to turn those in to your primary therapist.

Matt Adair: You thought this is for self-reflection.

Tal Prince: Yes, this is just for your own thing. I go popping into my primary group, trying to act as one who is in the wrong place, isn't really supposed to be here with these people because they're really jacked up. I was trying to look like a helpful ministry guy. Clearly, some clerical has been made, I did not need to be sent here. I go be-bopping in there and my primary therapist says, "Hey, you got your check-in sheet?" I went with the classic dodge, "I'm sorry, what?" Which is-

Matt Adair: A natural place to start but usually doesn't get us where we want to go.

Tal Prince: You're just trying to buy time, right?

Matt Adair: Yes.

Tal Prince: So I'm trying to buy time, to come up with some explanation, because I don't have a dog there. I'm like, "Oh man, what am I going to say." He goes, "The check-in sheet man, you know the little check-in sheet? They explained it to you last night." I said, "Yeah. I didn't know I had to turn that in." He goes, "Yeah, you do." I said, "Okay. I'll get it to you tomorrow." He's like, "Your room is like 10 steps from here, go get it." I was like, "Oh crap."

I went and got it, I very sheepishly walk into the room now and hand it to him. He doesn't even look at it anything on the front side of it, he whips it over on the back. He looks at the back, he goes, "Yeah, that's about right," and then put it back in the stack. We were like, "Okay."

But gratitude, as you go through the experience of rehab, and spirituality is a major, major piece of that. It's not the driver of that, it's breaking down your illusion of self will, self-reliance, the illusion of your own power. All of that and the illusion of my own independence had to be shattered and get to a place where I saw, "Holy cow, I am a totally dependent creature." In a country that celebrates independence that's counter cultural at its highest level.

My gratitude list, and they'll tell you and I'll tell you, I do gratitude lists with my clients and I can tell, are they getting better or not, are they working or not, by how long their gratitude list is getting. If you want a quick gauge on where you are spiritually, sit down, do a gratitude list. Not in a pop culture secret of Oprah kind of new age thing. I know that's really in vogue now, the gratitude list, but it comes from scripture. Don't let that they've cribbed it for their use get in your way of using gratitude list. It is a biblical exercise, so sit down and start. If you want to gauge where you are spiritually, just look at how a



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gratitude list flows for you. Is it easy or are you having a hard time coming up with things that you're grateful for?

That's going to give you a real good sketch of where you are, a real quick dashboard of where am I spiritually. If your gratitude list is struggling, you're probably struggling spiritually. I would encourage you to do that. If you're having trouble like I was having trouble, get really, really granular. The first item on my gratitude list is oxygen.

Matt Adair: Yeah, because if you don't have it you're not alive.

Tal Prince: I can't produce it for myself. If you want to destroy your illusion of self-reliance, think where you would be without air, that you cannot provide for yourself.

Matt Adair: Yeah.

Tal Prince: I start there, and then I go into my cardiovascular system. Okay, so then I'm thankful for a nose that can breathe in the air and process the oxygen in my lungs and then kick out the carbon dioxide that would kill me. Go through the body, that gets into my bloodstream and then that keeps my heart beating and that keeps my blood pre ... Go through that and see how dependent you are at a total level. That that's that there is a God that there's a creator that is keeping you alive and providing everything you need to stay alive. You start going there and then you start to branch out. It is a fantastic exercise. There are volumes and volumes and volumes now of research on the power of gratitude.

Matt Adair: Right. Like you said, we're seeing it from inside the church, outside the church. We're seeing it from men and women who are followers of Jesus that don't necessarily market themselves as Christians. I'm thinking of somebody like Brené Brown who I think would fall into that category, where that's a significant thing that she encourages people to practice.

When I hear you talk about gratitude I kind of see it as that hinge point between the outcome of hope and the reality of grace. Because it's going to drive you to that outcome of hope in God because of the reality of grace. Anything and everything I have, I don't have it because of karma, I don't have it because I worked hard, I have it because God has given this to me even though I didn't deserve it. How can I not have a sense of gratitude because of that? If I have gratitude for that reason, then that should deepen my hope in God, right?

Tal Prince: Absolutely. It's a great exercise to do with your family. It's a great thing to do. Start your day with a gratitude list. Sit down in your office whenever you get there. Have your time, prayer, meditation, scripture, and then sit down and write a gratitude list. See where you are and just know, if you're struggling with that, okay, that's a warning sign. If we're spiritually healthy we're going to be humble.



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Matt Adair: Yeah.

Tal Prince: If we're self-reliant we're not going to be humble, we're just not.

Matt Adair: Right, yeah. Not going to be grateful for much of anything. You wrote a really good blog post that can help people I think take next steps through that. If you go to fivefactors.net/hope, then you'll be able to go get access to that.

Tal Prince: Is that a backward slash or a forward slash? I always get confused.

Matt Adair: I don't know, slash, you all know what to use.

Tal Prince: Try a slash.

Matt Adair: Try a slash.

Tal Prince: Or listening to some Guns N' Roses preferably.

Matt Adair: Amen. If you'll go there, fivefactors.net/hope, then you'll be able to of ... Tall will walk you through all the factors that we're talking about today, all the elements of this factor that we call hope related spiritual health. The second part of that, because we're going to talk about gratitude but we also talk about the importance of rest. Let's dive in, talk a little bit about the connection between rest and hope.

Tal Prince: Yeah. I think rest is one of these things that a lot of ministers will all agree to their need for rest, while all saying they're too busy to rest. "I don't have time, I'm too busy. Yes, it would be nice. I would love to be able to rest but I'm way too busy, I don't have the time." What we create, unintentionally very often, if we're not resting and if we're not resting in trusting other people on staff, if we're not delegating and multiplying leaders, if we're not really moving towards any of that, then it's all going to fall on us and this warped sense of self-reliance we have.

If we're doing that we're building a very co-dependent church dynamic. Where I want everyone to depend on me, and man I'm going to tell you, I know this address, I pastored a church and I pastored it this way. I didn't trust those underneath me to run with things, because I'd watched it fail. I had done it and watched them put things in the ditch, but they were young seminary guys, trying to learn. But then I felt like, "Okay, I have to do everything."

I grabbed the reigns of control, which is what co-dependence is all about, it's all about control. I'm going to control either passively, which I had a PhD in, or I'm going to control through aggressive, being very aggressive. I'm going to be the really aggressive threatening smack-talking leader, or I'm going to be the very passive, like, "I wish you guys would just cooperate with me," leader. Like, "I'm so



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tired, I'm so tired. I wish somebody would do these things for me but I can't trust anyone to do these things for me." Again, I have a PhD in that one.

We build this dynamic and then what the trap of it is, and you may be there as you listen to this, here's a warning sign. If you are resenting the people whom you shepherd, you don't have enough rest. If you are resenting the people that you are tasked with shepherding, you have them depending on you. You are not pointing them to where their hope comes from. I look to the hills, where does my hope come from? This is why hope is a parameter of spiritual health.

Who are you looking to? Are you looking to yourself? Are you looking to your staff? Or are you looking to God? Who are you sending your people to look to? Do you want your people to look to you to fix their problems, or your staff to fix their problems? Or are you directing them to God and participating with them in that, but pointing them to God? Or do you want the credit, speaking of feeling glorious, do you want the credit for solving their issue? That's really tempting and it's something that I will always struggle with. As a therapist, walking people out of addiction and walking people through that journey, watching them get better, it is so easy for me to buy the lie that I have helped them.

No, I haven't. I haven't. I've been a vessel yielded to God and God has helped them through me. For that, I can add that to my gratitude list. That's how it flows, but if we're building that codependent dynamic, that's a danger, danger place for us. The way out of that is to begin to delegate and trust. What is your level of faith in God to handle these things? What is your level of faith and trust that God has called and equipped the staff with you? How are you helping equip that staff? Are you shepherding your staff well? Those are all things we have to look at.

Matt Adair: Yeah. You know, Peter Scazzero in *Emotionally Healthy Spirituality*, which is a helpful book, he defines rest as, "embracing the limits of our humanity." The scripture's really helpful because I think it gives us two practices that I think really help us embody this practice, where we really do embrace our limits, we do recognize that God is God, we don't become God in our own lives and for the lives of the people that we lead.

Simple basic things like sleeping and making sure we're getting that seven to nine hours a night that we're supposed to be getting. Then the practice of Sabbath. We can all preach on it, we all know that it's in the 10 commandments, but that sense of taking an entire day to quit work and to pray and to play. The scriptures really don't give a lot of parameters around that. It's really more about that rhythm.

If you're thinking about this, I think that there's a rhythm when you look in the Hebrew concept of a day really beginning in the evening. You're winding up your work and then you basically hand it over to God, and then you wake up and surprise, He kept doing things while you were unconscious. That concept of taking a night and a day from sunset to sunrise or sunset to sunset, 24 hour period where you're really focusing on those two things of time apart from the people that you are serving to pray, to play and to figure that out.



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That's just one of the things that you'll be hearing about more from us because we think it's a practice that isn't forgotten but it has been lost. In the end we're really hurting ourselves as leaders because what happens? We don't get enough rest, we don't embrace our limits, we try to work outside of our limits and in the end we end up resentful not towards people but resentful towards God. There goes the entire concept of hope in God, right?

Tal Prince: Right. It's not a, so take your hands completely off. No, you have to be engaged. I know Matt you are great with productivity and talking through that, and there's a bunch of productivity systems out there. We encourage you to try several and find the one that's right for you. You may resonate with the seven highly effective habits, or you may resonate more with getting things done, or you may resonate more with the old classic to-do list in a day timer, you may dig that, that may work for you, or you may use a lot of high tech apps for it.

I don't know if you're like me but I can get really distracted by the shiny new tool and then I want to spend a week learning how to use the tool that then I'm probably not going to use because, you know. Productivity has its limits and recognizing those limits as you just mentioned is key. We have to be developing leaders underneath us so that we can multiply more effectively, but also it comes down to shattering, breaking and absolutely annihilating our sense of self-reliance. This to me is the ultimate of the flesh, this is really where the flesh lives, is self-reliance and pride.

Matt Adair: And it's going to get applauded in the world around us.

Tal Prince: Absolutely.

Matt Adair: For being a hard worker and hustling and all those kind of things. I would say this, and I think it's a good tie-in in terms of when we think about ambition and vocational health when we do talk about productivity, that it seems like God's productivity system is sleep, Sabbath and work.

Tal Prince: Pretty simple.

Matt Adair: Right? If we sometimes get confused by all the things to do within being productive, it just comes back to that. Are you sleeping seven to nine hours a night? Are you taking 24 hours to quit working, to pray, to play? And then for the rest of the time, are you working? It's going to transform that.

Again, I think out of that posture of rest, out of that sense of gratitude, as we see hope rising within us, that should create a real sense of generosity in the lives of us as leaders. There isn't a sense that we should be stingy with our time our resources, anything like that. Talk a little bit Tal about the generosity as kind of the display of hope, that people should be able to see that we are hope-filled people in who God is because of the way in which we live generously.



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Tal Prince: Yeah. Generosity, I think for me spiritual health, I frame it up as a transition from selfishness to selflessness. When I'm being more selfish and self-centered, I'm not spiritually healthy, because when I'm selfish and self-centered I'm also feeling self-reliant. I'm absolutely, if I'm being selfish and self-centered, there's not a way in this world you could ever convince anyone that you are trusting God to provide for you. You're just not.

If you are selfishly hoarding things and trying to get ahold of everything, or get your way, get everything exactly the way you want it, there's not a way you're trusting God to provide what you need. You're just not. That's a sign, if you're not trusting God you're not spiritually healthy. Bedrock to the concept of spirituality. If I'm selfish I'm unhealthy. But if I look at, am I being transformed into a selfless person, because trust me I could tell you all and we could write blog post after blog post and do lots of podcasts on, "Here are the seven things to do today to try and be selfless." Good luck with that.

I have no power, again if Jesus says, "Apart from me you can do nothing," I kind of think he means that. I have to understand that I absolutely am dependent on him, but I can trust him to provide for me and I can trust him to act through me and I can trust him and his resources. The simplest illustration is, I don't know, maybe, maybe one or two of you listening have somebody in your congregation you are not particularly fond of.

Matt Adair: No.

Tal Prince: I know. This is a radical concept. I can hear the protest and my email will be filling up shortly with protest of, "This never happens." But you may be the Peter Pan out there that has a person in your church that you are not particularly fond of. Yet, we have to love those people. We have to serve those people. Can you wash the feet of someone that you know doesn't like you either? Can you wash the feet of someone that you know has back stabbed you, has gossiped about you, has called for a vote about you?

The answer to that is, and I hear a lot of you already going, "I can try." No. No. Because it doesn't count if you're washing their foot with a brillo pad to inflict pain. That doesn't count. The deal, can Jesus do that through you? Yes. That's generous. I think generosity too often gets associated with just money. Certainly that's a piece, are we generous with our resources in general? That's my time, my physical resources, my mental resources, my emotional resources.

Am I generous in giving with those? If I am trusting in God and I know that God is going to provide for me what I need, and I'm also observing rest so that I'm not building that co-dependent thing, it's easy to get these out of balance so that I'm not just creating a martyr syndrome out there, that I'm going to be like, "I have to do everything," but that I'm trusting and I'm resting and I'm trusting God to provide for me the resources that I need and I'm freely sharing those with people. Then that's what selflessness looks like. I'm telling you, when you're at that place, you will garner far more trust from the people whom you shepherd.



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When they see you being generous, but having healthy boundaries. But we can't do that, that's nothing that we can manage on our own. That is something that we have to continually bring before the throne and ask God to help us with that and ask God to do that in and through us. But if those things are happening, we got gratitude, we got gratitude and we're grateful for what's going on, and we're resting and holding boundaries and people aren't depending on us so we're not resenting them, then it frees up generosity and we're in a much more selfless place. That speaks more to the gospel than almost anything I know.

Matt Adair: Yeah. I think one of the things that happens for us, because I think when we think about generosity we tend to think about time or money, and one of the challenges I think that exists for us is usually one of those is easier than the other for us. That might change in different seasons. When I think you really see the gospel in the work of Jesus build genuine hope in us, is when we watch people who are generous with the thing that is most difficult to give up.

For some people it's really easy to write that check because they have lots of money. For some people it's really easy to give their time because they have it. Look at the thing that's more difficult. For the person whose schedule is full, who has plenty of money, has no problem writing the check, show me that the gospel is going deeper and broader in your life by how you're giving people your attention and being willing to give up your time.

For those of us who don't have a lot of money but feel like we have more time, show me how the gospel's going deeper and wider in your life, you're becoming more generous with the finances that you have been given. To me, what I love about all three of these practices, because they are practical, a gratitude list, Sabbath, sleep, expressing generosity in real tangible ways with our time and our money, those things are all ... they both help us grow and facilitate greater hope, but if they're going to be done right then they're going to be coming out of the reality of an increased awareness of God's love for us that isn't deserved, that is grace.

It isn't because we worked hard. It isn't based on our self-reliance. That's really the good news of the gospel. The gospel leads us to these practices that should facilitate greater hope in God, that should therefore give us a greater sense of the good news of the gospel and facilitate these things. These do have kind of a flywheel effect.

I think when you see those elements and you see those concepts of rest, generosity and gratitude, and you put that under the umbrella of spiritual health and hope, it really is the foundation for what we're trying to help people with in Five Factors, right? Because if you're growing in those areas, then you can see how it's going to impact your work. It's going to give you greater ambition for the glory of God. It's going to, I think, give you more clarity both cognitively and emotionally because you're framing your perspective in light of who God is and what He's doing.



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We can have greater confidence in that because we have the scriptures, we have history, we have our own story of God showing up again and again and again. That should take some of the stress off that causes us to get physically unhealthy. It should give us a greater willingness and desire to be present with the people that matter most to us. This is absolutely the bedrock of the Five Factors.

If you're watching this, if you're listening to this, if you're reading the transcript, then we want to encourage you not just go, "Okay, that was great," and move on to the next podcast, move on to the next video. We want you to take action on this. That's why we created this podcast, is because yes it is a conversation, but it's a conversation leading towards grace centered God dependent growth.

Here's what I would encourage you to do. We've created a resources, an overview of all Five Factors. You got to fivefactors.net/overview and you can download. It's about four, five pages. You'll get more information on the Five Factors, including spiritual health that we talked about today. Then we also created a really easy 10 minute way for you to assess where you are right now.

Maybe you're listening to this and you're going, "Man, I'm knocking all this stuff out of the park." Maybe you're like, "Man, I feel like I'm probably spiritually bankrupt. I'm not healthy at all." Most of us are probably in between. If you read this, probably take 15 minutes of your time today to download this, read it, take the assessment and then just keep showing up week after week after week.

We have a new podcast episode that drops every week. You can go to the show notes for this episode. You can go to fivefactors.net/five and you're going to be able to get the show notes for this, all the resources that we talked about, the blog post, the overview. You'll be able to find everything right there because we want to make this available towards you.

Again, we wanted to dive into this, again I love Tal's perspective as a therapist, both of us with pastoral experience. Tal, again, thankful for the opportunity for us to dig into this. Any last words you want to say as we roll it up here?

Tal Prince: I think you've summed it up really well. I don't think I need to add anything to that man. That's fantastic. I would say, that if you are struggling in any of these areas, this is why we see ministers burn out. I really am convinced it's their spiritual health that's burnt. It's right here.

Any pastor that I've ever counseled that is burnt out, if I ask him to do a gratitude list, theirs look like mine in the first night of rehab. They're resentful and angry at God. I kind of have that Jeremiah experience, you know, you seduced and raped me. I'm tired of being the weeping prophet, and here I am. They're depending on themselves and so they're burned out. It may be you and I know I've been there.

In addition to this we would point you also to the soon to be available Five Factors tourniquets, maybe on dapper.com, but we'll have that for you. This is a thing that maybe you are bleeding out



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spiritually. This is what we're here to help with. We can do that, this is a real quick dashboard for you to take a look and see. Go look at that assessment, go through the website and see if this is a community of which you need to be a part, because we would love to have you.

Matt Adair: Yeah, fivefactors.net/overview. You can also go to fivefactors.net/ask, there's a really simple form that you can ask any question that came up for you during this. We will either respond to that directly, sometimes we just get a ton of messages coming on. Once a month we do a Q&A on our Facebook page that's live, where we're going through every question that we do receive. Feel free to send us over if you've got a question that you think we can help you with, then we would love to be able to do that.

Again for Tal, on behalf of him and myself, we're really, really grateful for your time and attention and really wish you the best. We're excited about the opportunity to help you thrive as a leader and consider this a real privilege. Look forward to seeing you on the next episode. Until then, God bless you, have a good rest of the day.