

---

# ***AFRAID OF YOUR SHADOW? CONGREGATIONAL SELF-ESTEEM***

---

## **Session Description**

Do your church members lack energy? Have they stopped inviting their friends and neighbors to church? Are you giving it everything you've got but getting tired from being the Energizer bunny who keeps on going and going and going? Then it's likely your church is suffering from Esteem Based Depression. In this episode, Drs. Kris and Bill offer diagnostic and prescriptive tools for giving your church the shot in the arm it needs.

## **Session Outline**

### **Diagnosing Esteem Based Depression**

- Energy-less worship
- Lack of enthusiasm ... even for really good ideas
- Lack of participation even for fellowship dinners
- Church members have stopped inviting their friends and neighbors

### **Causes of Esteem Based Depression**

- Unresolved conflict
- Perennial lack of vision
- Unmitigated failures
- Insular values

### **The Prescription**

- Deal with conflict - even if it costs you membership
- Develop short term vision and goals
- Celebrate even very small successes - and call attention to them whenever they happen
- Get over yourselves and focus on reaching the community (no anonymous ministry)
- Get outside help

### **Discussion Questions**

1. Does your church exhibit any symptoms of Esteem Based Depression? If so, what are they?
2. What is the primary cause/s of the depression?
3. What steps can you take to lead the church out of its depression?