



Synchronous Life Model: Six Domains of Human Flourishing in Ministry

The Synchronous Life is one in which all the aspects of our lives integrate and harmonize so that we can flourish and grow toward the fullness of the image of Christ (Eph 4:13). This is accomplished, or at least approached, as we find our way of living out God's call on our lives, in each area of our lives. Paul describes the Body of Christ with allusion to the human body, and makes clear that wholeness is only found when each part is working properly, doing that for which it has been created. This can only be true of the church (in any manifestation) if it is first true of the human person. These notions of individuality, uniqueness, and "what is fitting to each" require that we see clearly ourselves, those around us, and our context. Our ministry leadership, whatever the setting, deserves our best. We cannot give to others what we ourselves lack. We must drink from the well if living water is to flow forth from us to the world.

Six Domains of Human Flourishing is the model by which we map the interrelated facets of who we are and how we show up in the world. We work with three internal/external pairs: Spiritual / Physical; Emotional / Relational; Intellectual / Occupational.

This model of Wholeness is rooted in the creation stories from Genesis 1-3. Also from these stories we learn that human kind is created in God's image, celebrated by God as good. Central to God's expressed nature is God's Word, which creates new things when sent forth into the world. As creatures made in the imago dei, we share this gift – the capacity (and responsibility?) to thoughtfully and

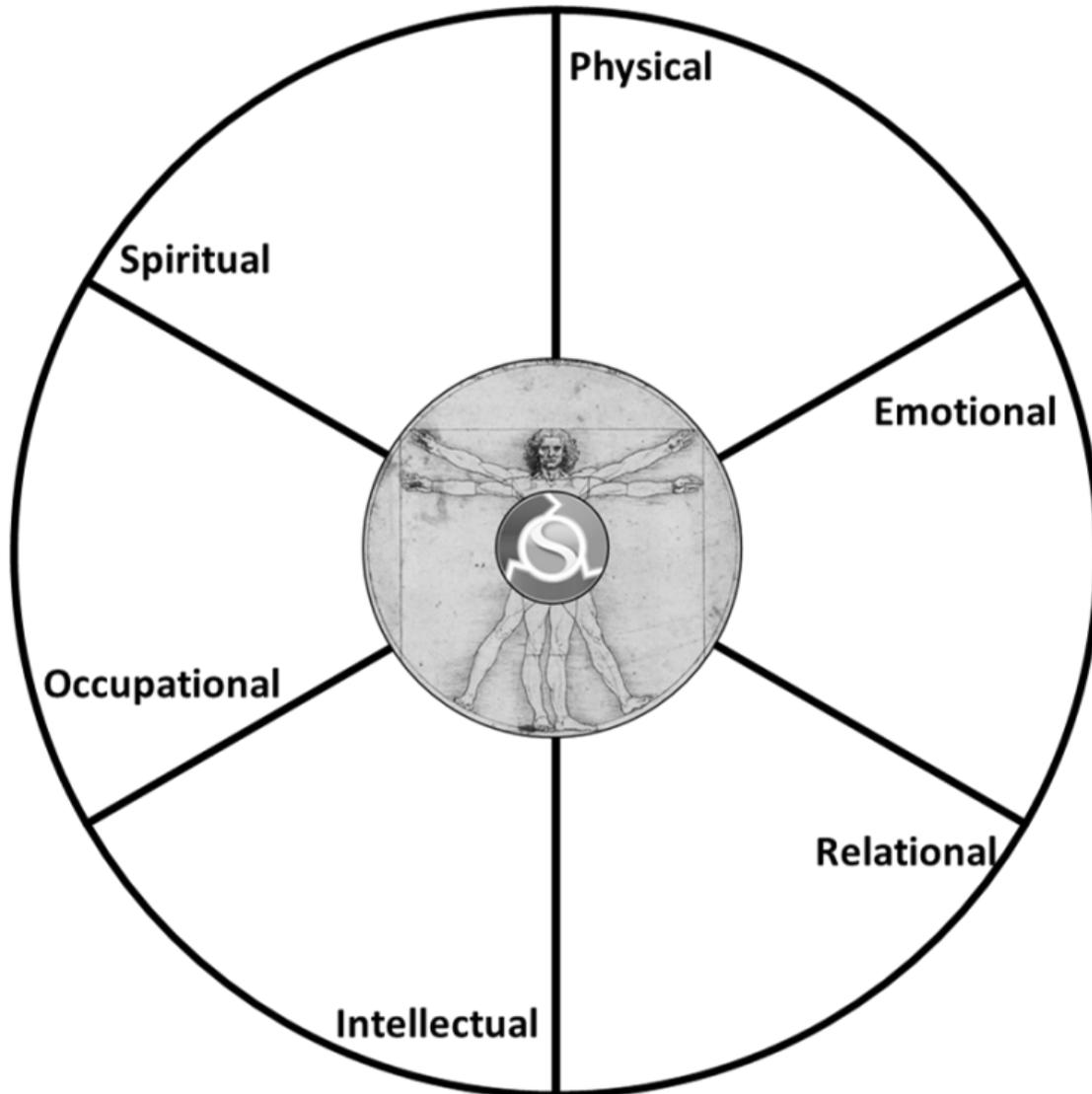
imaginatively create through how we express ourselves in the world. This is the true meaning of vocation – the voice with which our lives speak to and into the world. We can only grow toward maturity in Christ, toward sanctification, by living into this truth individually and in community.

We apply the Synchronous Life Model by asking a series of reflective questions in each of the six domains. How we answer these questions, and how our responses relate to and inform each other, becomes the basis for pursuing an integrated self. Remember your past experience, become fully aware of your present state, and envision likely and preferred futures in each domain. Attend to your attitudes, thoughts, words and actions, whether spontaneous or habitual. When you feel strong, confident, content, whole and hopeful, what else is present? When you are weak, at dis-ease, fearful, fretful, depleted or discouraged, what else is going on? Focus initially more on correlation than cause and effect. Don't judge or prescribe – just be aware. Then sit with this awareness, listen to it, inquire of it what it might teach you. Let your own inner wisdom and the Spirit work together to bring new insight, which can lead to new action and transformation. Whatever else may be true, recognize that you have agency and choice in your life, you can act upon the world and your circumstances to bring about good for yourself and others.



SYNCHRONOUS LIFE... or Six Domains of Human Flourishing

In the table to the right, brainstorm words, phrases, themes, images that come to mind related to that domain. Identify which key words most relate to your ability to flourish in that area of your life. Transfer a few central ideas to the life wheel below, with special attention to words that will motivate or inspire you toward positive action and growth.



Spiritual
Physical
Emotional
Relational
Intellectual
Occupational



Synchronous Life Questions

The following questions are intended to prompt individual and group reflection. Options include: choosing a question a day for meditation and journal writing; working through one question in each of the SL six domains; working through all of the questions in one domain. You are encouraged to develop your own questions inspired by these, and to share those with us.

- Spiritual
 - What words describe your preferred spiritual state?
 - How do you nurture your spirit?
 - How do you know when your spirit is unsettled?
 - What are the signs / symptoms of an unsettled spirit?
 - What words describe your preferred spiritual state? How do you get there?
 - What promotes spiritual growth for you?
 - What disrupts your spirit?
 - On the whole, is your spiritual state more positive or negative?
 - Are you more or less hopeful about your spiritual life than you have been in recent years?
- Physical
 - What words describe your preferred physical state?
 - How do you know when your body is well?
 - How do you know when you are well physically?
 - How satisfied are you with your physical health? not at all=1<->10=completely
 - What negatively affects your physical wellbeing?
 - What enhances your physical wellbeing?
 - What are you currently doing to improve your physical wellbeing?
 - What could you do to enhance your physical wellbeing but you're just not motivated?
 - On the whole, is your physical state more positive or negative?
 - Are you more or less hopeful about your physical self than you have been in recent years?
- Emotional
 - What words describe your preferred emotional state?
 - What words describe your current emotional state?
 - On the whole, are your emotions more positive or negative?
 - What enhances your emotional state?
 - What most frequently disrupts or disturbs you emotionally?
 - What most severely disrupts or disturbs you emotionally?
 - What restores you to your preferred emotional state when you feel disturbed?
 - Are you more or less hopeful about your emotional life than you have been in recent years?

- Relational
 - What words describe your preferred relationship state?
 - What words describe the current state of your relationships?
 - On the whole, are your relationships more positive or negative?
 - Are your personal/intimate relationships more positive or negative?
 - Are your work relationships more positive or negative?
 - Are your social / recreational relationships more positive or negative?
 - What most frequently disrupts your relationships?
 - What helps restore your relationships?
 - Is the state of your relationships improving or declining?
 - Are you more or less hopeful about your relationships than you have been in recent years?
- Intellectual
 - What words describe your preferred intellectual state?
 - What nurtures your mental/intellectual life?
 - Do you prefer to focus mentally on one thing or have many diverse interests?
 - What disrupts or unsettles your thought life?
 - On the whole, are your thoughts more positive or negative?
 - Is the state of your relationships improving or declining?
 - Are you more or less intellectually stimulated than you have been in recent years?
- Occupational
 - What words describe your preferred work/occupational state?
 - How do your paid work and your hobbies overlap?
 - How do your paid work and your interests/passions overlap?
 - How satisfied are you with your current work life?
 - How satisfied are you with your current non-work activities, hobbies, etc?
 - On the whole, are you more positive or negative about the activities that receive your time and attention?
 - Are you more or less hopeful about your work than you have been in recent years?
 - Are you more or less hopeful about your hobbies and interests than you have been in recent years?