



INTEGRATED

EXPLORING HOW MINISTRY
REQUIRES ALL OF ME

ALASKA FOCUS RETREAT

March 17–19, 2025

Soldotna, Alaska

www.CharisFellowship.com

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Ministry faithfulness and effectiveness are tied to our spiritual health and wholeness.

WELCOME

From Executive Director Tim Spankle



What does it mean to be integrated?

MINISTRY REQUIRES ALL OF ME



Ministry overflows from our personal discipleship to Jesus. He wants to do great things through us (John 14:12), which stems from the deep work in us (John 15:5). Jesus renews our minds, sanctifies our emotions, strengthens our relationships, and purifies our desires. My understanding of spiritual health and wholeness have been shaped by Scripture, mentors, and Christian authors who have embodied the beauty of an integrated life. The opposite—a disintegrated soul—is disastrous. I am grateful for these few days together as we fix our eyes on Jesus' call to a full, mature, integrated life in Him. Christ be with us.

INTEGRATED

Exploring How Ministry Requires All of Me

THE THEME

Ministry faithfulness and effectiveness are tied to our spiritual health and wholeness. Of course, God uses broken vessels, weaklings, and imperfect people. That's us, and His grace is sufficient.

But more often a spiritual leader gives from the overflow of his vibrant life in Christ. Healthy leaders are integrated, caring for their bodies, emotions, relationships, ethics, and minds. Each session of these retreats will be full, holistic, and focused on our long-term viability in ministry.



SCHEDULE

Daily Activities

JOHN 14:12

Truly, truly, I say to you, whoever believes in Me will also do the works that I do; and greater works than these will he do, because I am going to the Father.

Monday

- 3:00 p.m.** Check in
- 4:15 p.m.** Session One: Disintegrated Souls
- 5:30 p.m.** Dinner
- 7:00 p.m.** Session Two: Emotionally Integrated
- 8:30 p.m.** Late Night Options

Tuesday

- 8:00 a.m.** Breakfast
- 9:00 a.m.** Session Three: Relationally Integrated
- 11:15 a.m.** Large Group Activity
- 12:00 p.m.** Lunch
- 1:30 p.m.** Free Time
- 5:30 p.m.** Dinner
- 7:00 p.m.** Session Four: Ethically Integrated (Andrew Saunders & Tim Hodge)
- 9:00 p.m.** Late Night Options

Wednesday

- 8:00 a.m.** Breakfast
- 9:00 a.m.** Session Five: Mentally Integrated (Adam Copenhaver)
- 12:00 p.m.** Lunch
- 1:00 p.m.** Dismiss

Church Swag Swap Table

New this year at focus retreat is our church swag swap table! Bring an item or two from your church to put on the table and take an item from another church home with you. As you see that item over the year, let it be a reminder to pray for your brothers and sisters who are serving in other churches. Your item doesn't have to be fancy — stickers, pens, t-shirts, and magnets are all great items to share!

Reading & Prayer

Read, Reflect, & Look for Markers of Spiritual Maturity

ADVANCE READING

[Ephesians 3–4](#)

[Romans 12](#)

[1 Timothy 4:6–16](#)

PRAYER PROMPTS

TUESDAY MORNING | Ephesians 3:14–21

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of His glory he may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

WEDNESDAY MORNING | Written by Jon Rauch

Lord, you have called me to serve you and your church, and I am grateful and do not take this lightly. Please keep my heart close to yours and grow my character, so that my character will never keep me from fulfilling your calling. In Jesus' name, amen.

WEDNESDAY MORNING | 1 Thessalonians 5:23,24

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.

Extrabiblical Resources

Next Steps

ADDITIONAL READING AND LISTENING

While the Bible is our ultimate authority and source of truth, there are a lot of other resources we can utilize in our pursuit to be fully integrated leaders. Below is a list of books and podcasts curated and recommended by Tim Sprankle.

01	For a holistic approach to Christian spiritual formation	Read <i>Renovation of the Heart</i> by Dallas Willard
02	For a thorough treatment of healthy emotions, boundaries, dual relationships, dealing with our past, and managing conflict	Read <i>Emotionally Healthy Leader</i> by Pete Scazzero
03	For a discussion on sanctified desires, Christian therapy groups, neurobiology, and integration	Read <i>The Soul of Desire</i> by Curt Thompson or listen to the <i>Being Known Podcast</i>
04	For a journalistic overview of the best writing and research around interpersonal communication	Read <i>Supercommunicators</i> by Charles Duhigg or listen to his <i>Supercommunicators Podcast</i> interview with Carey Nieuwhof (#667)
05	For a theologically rich and biblically rooted treatment of spiritual transformation	Read <i>Deeper: Real Change for Real Sinners</i> by Dane C. Ortlund

Session Questions

Dig Deeper Prompts

SESSION ONE

What are the signs of disintegration in my life? Be specific. How do we measure Paul's driving goal of maturity (telios)?

SESSION TWO

How well do I feel my feelings? How well do I express them?

SESSION THREE

In a conversation, do you prefer the role of "sender" or "receiver"? Which of the three listening filters—facts, feelings, or identity—is your default?

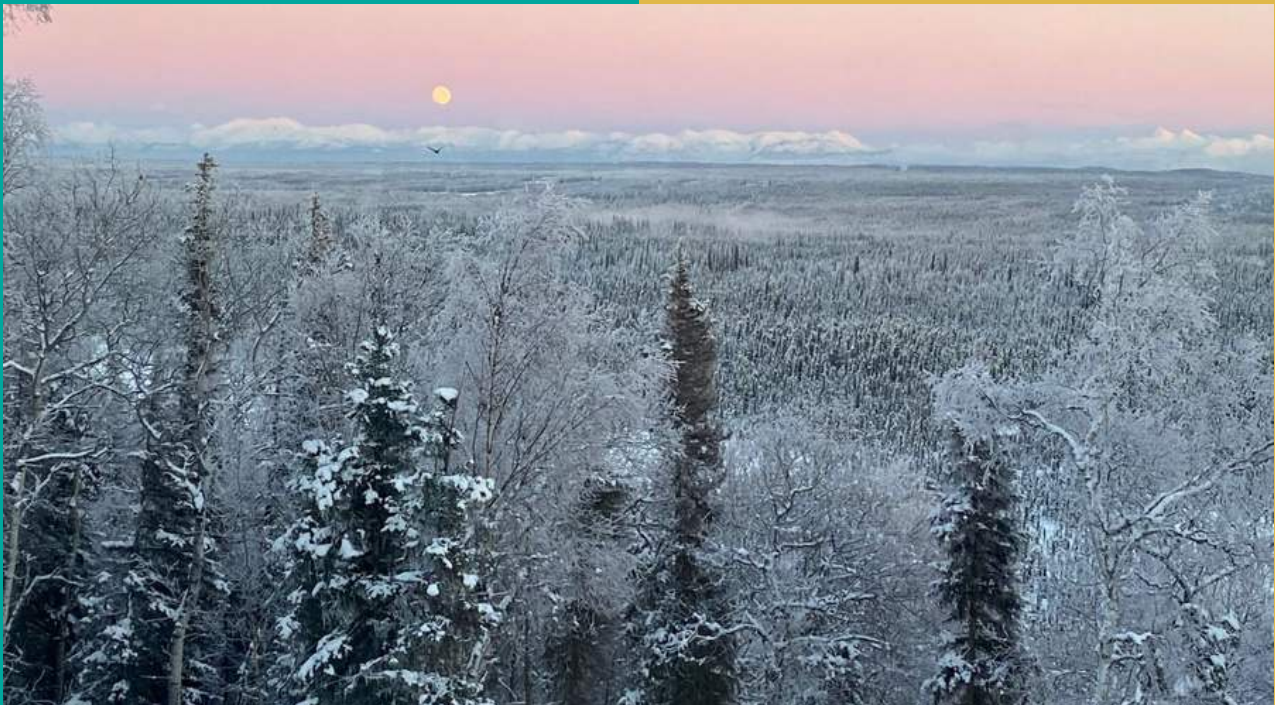
SESSION FOUR

What are the guard rails I need to put into my life and ministry, so I don't veer off the road?

SESSION FIVE

Interact with this thought: "I write so I can think better."





Extras

Afternoon Options & Late Night Activities

Afternoon Options

- Go on a Hike
- Read a Book
- Take a Nap
- Enjoy the Gameroom

Late Night Option

- Hang Out with Friends
- Play Board Games (bring your favorite!)
- Charis Disaster Response Update (Monday)

