



Healthy Congregations

DEVELOP. TRAIN. EDUCATE. CONSULT.

The New Testament speaks of the church as a living system – “the body of Christ.” The apostle Paul makes it clear that “the body of Christ” is a whole comprised of many parts, yet functioning as one. The mark of a living system is the continuing struggle of balance and imbalance. If balance fails, there is sickness. Health, therefore, is the drive for life, what an organism does to preserve itself, how it responds to challenges, and how it adapts to changes.

What responses create health in congregations? The following statements describe some of the most important healthpromoting responses:

“Emotional process is at the heart of our families, our communities, and our world.”

Dr. Emlyn Ott,
Healthy Congregations
Executive Director

- Healthy congregations accept differences
- Healthy congregations focus on their strengths
- Healthy congregations focus on mission
- Healthy congregations respond to anxiety and change
- Healthy congregations manage conflict
- Healthy congregations act flexibly and creatively
- In healthy congregations, leaders promote health through their presence and function
- In healthy congregations, leaders challenge people
- In healthy congregations, leaders provide immune capacities

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