IS MINISTRY WEARING YOU DOWN?

Find a place to begin.



- Maybe you're exhausted.
- Maybe you're lonely.
- Maybe you're carrying problems that aren't yours to carry.
- Maybe you're spiritually dry.
- Maybe you've stopped taking care of yourself.
- Maybe conflict has you constantly on edge.
- Maybe you feel beaten up.
- Or maybe nothing is terribly wrong—you simply know that ministry is wearing on you.

You don't need another program. *You need a place to begin.*

WHAT'S WEARING ON YOU?

Find the statement that sounds most like you right now. That's your place to start.

WHAT'S HAPPENING INSIDE ME?

Understand & regulate yourself

"I don't know what I'm feeling."

→ **Knowing What You are Feeling**

Notice it. Name it. Understand it. Choose your response.

"I'm reacting instead of responding."

→ **Staying Yourself While Staying Connected**

Create space between what happens and what you do.

"I don't know who I am apart from being a pastor."

→ **Identity Beyond the Role**

Remember the person who carries the vocation.

"Nothing I do ever seems good enough."

→ **Grace and Self-Compassion**

Learn from imperfection without being defined by it.

WHAT AM I CARRYING?

Set limits & stay grounded

"Everybody else's problems become mine."

→ **Responsibility Without Rescue**

Care deeply without carrying what isn't yours.

"I can't say no without feeling guilty."

→ **Healthy Boundaries**

Set limits without disconnecting from people.

"The congregation's anxiety is getting inside me."

→ **Systems Awareness**

Stay grounded when the system isn't.

WHAT'S HAPPENING BETWEEN US?

Navigate relationships & conflict

"Conflict consumes me."

→ **Staying Present in Conflict**

Remain grounded, direct, curious, and connected.

"I don't have anyone I can really talk to."

→ **Life-Giving Relationships**

Build relationships where you can be known, supported, and accompanied.

"Almost everyone in my life needs me to be their pastor."

→ **Relationships Beyond the Church**

Build relationships where being a pastor is incidental.

"I feel beaten up."

→ **Healing from the Hurt of Ministry**

Attend to the wounds without allowing them to harden you.

WHAT NEEDS RESTORING?

Renew what gives life

"I'm spiritually dry."

→ **Spiritual Grounding**

Recover a spiritual life that belongs to you, not just your ministry.

"I'm exhausted even when I take time off."

→ **Rest and Recovery**

Learn what actually restores you.

"I've stopped doing things I enjoy."

→ **Joy and Restoration**

Make room again for delight, play, curiosity, and adventure.

"I'm not taking care of my body."

→ **Embodied Resilience**

Attend to sleep, movement, nutrition, health, and physical limits.

WHAT NEEDS TO CHANGE?

Discern & direct your next right step

"Everything feels urgent."

→ **When Everything Feels Urgent**

Choose what deserves your finite time and energy.

"I don't know whether I can keep doing this."

→ **Vocational Discernment**

Discern what needs to change.



Which sentence made you stop?

START THERE.

Read for an hour.

Practice for a month.

Then ask what you need next.

You are not alone in this. One step at a time.