

**June 20, 1991...a bright
sunny day in Atlanta**



Excuses ...



Jesus, “Go, call your husband, and come here.”

Woman, “I have no husband.”

Jesus, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you now have is not your husband.”



SoulCare SelfCare

Presbytery of Greater Atlanta

November 12, 2019

Pastor2Pastor Team

SoulCare
SelfCare

So...what's your
excuse?

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- **80%** leave the ministry within the **first five** years
- **50%** would leave the ministry if they could, but have **no other way of making a living**
- **45.5%** of pastors have experienced **burnout/depression** and had to take a break from ministry

- **57%** of pastors do **not** have a regularly scheduled **exercise routine**

<https://www.leadershipresources.org/blog/christian-ministry-burnout-prevention-signs-statistics-recovery/>

SoulCare *SelfCare*

- Almost **40% polled** said they have had an **extra-marital affair** since beginning their ministry
- **80%** of pastors believe their ministry **negatively affects their families**

<https://www.leadershipresources.org/blog/christian-ministry-burnout-prevention-signs-statistics-recovery/>

70% of pastors state only time they study the Word is for sermon prep

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“Less than 1% of pastors read scripture other than sermon prep and pray other than for the needs around them.”

Joe Small, Retired Director of PCUSA Theology & Worship, & ICR Board Member @ August 2016 Board Meeting

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**So...again...
what's
your
excuse?**

Purpose of this Conversation

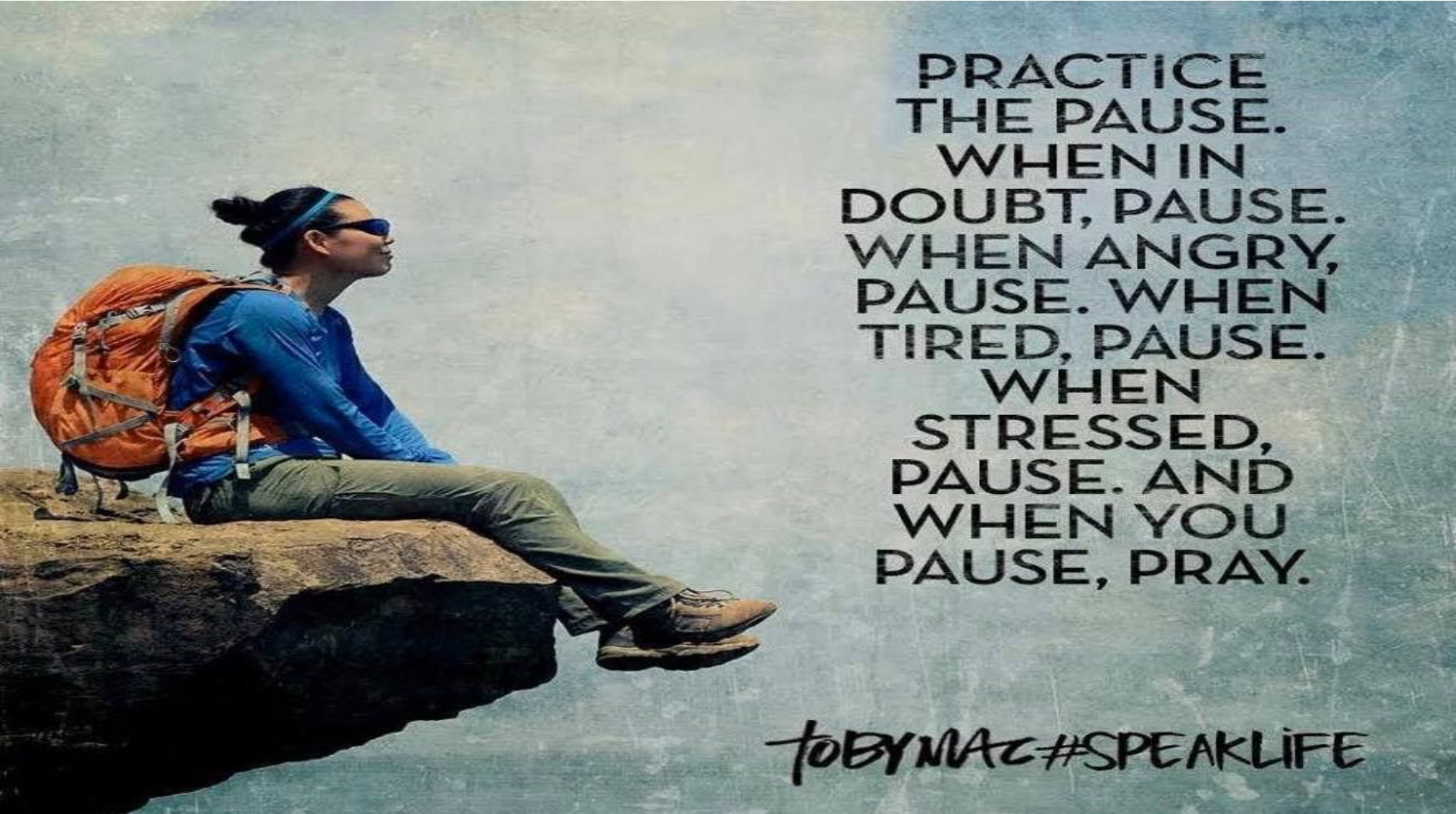
**AVOIDING
MINISTRY
BURNOUT**

SoulCare
SelfCare

a Conversation

- **Self assessments**
(appendix/P2P Webpage)
- **Tools (P2P Webpage)**
SelfCare: Holy Pause
SoulCare: Sabbath

SoulCare *SelfCare*



PRACTICE
THE PAUSE.
WHEN IN
DOUBT, PAUSE.
WHEN ANGRY,
PAUSE. WHEN
TIRED, PAUSE.
WHEN
STRESSED,
PAUSE. AND
WHEN YOU
PAUSE, PRAY.

TOBYNAC #SPEAKLIFE

Peter Scazzero, *Emotionally Healthy Leader*

- Why Christian leaders are **afraid** of slowing down? Why is the invitation into spiritual practices so terrifying?
- **Emptiness**; “If they stop, they will die. They are terrified.”

Sabbath

- **Mark 2:27** Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath.”
- Instead of thinking of Sabbath as an imposition, it is an essential delivery mechanism for God’s love:
 - Stop, Rest, Delight, Contemplate.
 - Equal to worship, bible study, prayer and giving
- **Spiritual Challenge:** we have to make time for our relationship with the Lord: 1 hr/day 1 day/week/1 week/year.

When, leaving her water jar, the woman went back to the town and said to the people, *“Come, see a man who told me everything I ever did. Could this be the Messiah?”* They came out of the town and made their way toward him.



Continuing the Conversation: Presbytery of Greater Atlanta

P2P Commitment:

- Webpage “SoulCare/SelfCare” Box
- Cluster Luncheons: sharing best practices/challenges
- Monthly Email: peer success stories/tools
- Team: listening, encouragement

Continuing the Conversation...

Your Commitment to one next step

