

The Center for Community Change

The Seventh-day Adventist Theological Seminary at Andrews University

HOW TO DEVELOP PASTORAL RESILIENCE

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HOW TO DEVELOP PASTORAL RESILIENCE

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1 Introduction

Challenges of Pastoral Ministry:

- Pastoral ministry is rewarding but challenging, with many pastors considering leaving due to the strain.
- Ministry in urban settings presents unique challenges, requiring deep resilience to sustain leadership through rapid change.



Goal 1: A Strengthened Inner Life

Grounded in Your Calling:

 Being rooted in your calling helps pastors endure difficult seasons. Conviction in your purpose is crucial for perseverance.

Grounded in Your Calling:

 Identify the practices, habits, and rhythms needed to be at your best emotionally, mentally, spiritually, and physically.



 Develop a blueprint for incorporating these practices into your daily, weekly, monthly, and annual routines.

Identify Your Values:

 Your values are the deeply held beliefs that guide your decisions and actions. Living by your values helps maintain passion and energy in ministry.

Create Healthy Boundaries:

• Establishing and guarding boundaries is essential for resilience.

Boundaries should be informed by your values and communicated to your congregation.



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Goal 2: A Competent Outer/Professional Life

Manage Your Own Reactivity:

• Learn to regulate emotions in high-stress situations, which can lead to breakthroughs in leadership.

Work on Being Self-Differentiated:

• A self-differentiated leader can remain connected without getting caught up in the emotional processes of an anxious system. This helps in dealing with criticism and maintaining a healthy leadership role.



Reframe for Your Church:

• Cast or renew a vision for your church, taking into account its past and adapting it to the current reality.

Reorient Your Church:

Learn to pivot and adapt strategies without changing the core vision.
 This builds resilience by keeping the church on course during challenging times.



Goal 3: A Life-Giving Communal Life

Building Trust:

 Trust is built through technical competence, consistency, integrity, and emotional intelligence. Trust is crucial for making significant decisions and moving forward in ministry.

Invest in Life-Giving Relationships:

 Pastors need life-giving relationships with peers, mentors, coaches, or therapists to prevent burnout and increase satisfaction in ministry.



Summary

Embracing Resilience:

- TResilience is more than just survival; it is a pathway to flourishing in ministry.
- Cultivating a strengthened inner life, developing professional skills, and fostering supportive relationships are key to navigating the complexities of pastoral leadership.



Reflection Questions

Which of the three resilience goals are you strongest in? Which do you need to address as a priority?

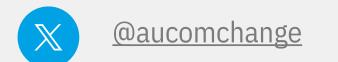
How can you work with other colleagues to develop resilience together?



Contact

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Thank you!



