



# The Center for Community Change

The Seventh-day Adventist Theological Seminary  
at Andrews University

HOW TO DEVELOP PASTORAL RESILIENCE

38

# HOW TO DEVELOP PASTORAL RESILIENCE

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# 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.



## 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:**

- Resilience 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?

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# Thank you!

