



HEALTHY PASTORS LEAD HEALTHY CHURCHES

10 KEYS TO BEING A HEALTHY PASTOR

01

Let God _____ your soul _____.

- Psalm 23 and Matthew 11:28
- Simplicity in Christ leads us to only one thing to do - let Christ do it.

02

Give your _____ priority attention.

- “Due to jobs, children, media, hobbies and responsibilities, the average American couple spends less than 4 minutes alone together each day.”

03

Work with your personal _____.

- Exercise:
 - i. Write down when you feel “off”
 - ii. List 3 activities that brought the “off” feeling
 - iii. Ask a friend or co-worker to tell you when they think you seem “off”

04

Keep your _____ rest.

- Sabbath is a day to pray and play.
- “Retreat daily, withdraw weekly, abandon annually.” - Rick Warren

05

Do the things only _____ can do - and delegate the _____.

- a. Empower, Equip and Trust.

06

Focus on _____ not time at work.

- Managers do things right. Leaders do the right things.

07

Get regular _____ and eat _____.

- If you are healthier and fit, you can work harder and you will last longer.

08

Ask for _____.

- Secrets are dangerous.

09

Let God _____ your anger.

- Proverbs 14:29

10

Don't be _____ by criticism.

- Consider the source.

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