

What is a healthy pastor?

Our dream is that you pastor will serve your congregation with a joy and energy that has its source in knowing Christ Jesus. Moreover it is our dream that your service would be a cherished service one not given up for anything in the world. Too often this dream is far from reality. Instead you serve out of physical weariness emotional numbness and spiritual dryness. Joy is hardly remembered in the wake of the unrelenting challenges that come your way. And you wish almost every week that you might trade your life for another. This is not ministry-it is misery.

We do not believe for one second that this sad condition is what Jesus had in mind when He called you to be one of His under-shepherds. This sad condition exists because there is disease within. It demonstrates a lack of health that perpetuates a miserable pastorate. And so we hope to challenge you to make some changes that will touch every dimension of your life and in the end produce such an environment that you cannot help but know health and all that flows from it.

So who is the healthy pastor? A healthy pastor is:

[Biblically wise](#)

[Consistently Christ-like](#)

[Physically fit](#)

[Emotionally stable](#)

[Intentionally equipping God's people for Christ's mission](#)

We believe that if these things describe your life that you will experience joy in your pastorate and witness God do mighty things in your church. And this kind of life renews itself because of the healthy habits that strengthen it from within.

Many of us are strong in some areas and weak in others. Take time to reflect upon your current state of pastoral health. Self-discovery is a difficult and often painful process but it has the potential to bring rich rewards. Where are you weakest? Is not God worthy of a servant who is wholly healthy? And your family and church do not they deserve the healthiest you possible?

Once you have targeted the areas in your life that need help explore the resources here and elsewhere that will strengthen your life for His glory.

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Biblically wise - meaning one has a grasp of the whole scriptures and is able to apply them to the issues of living life in the 21st century. This pastor is doctrinally sound. He knows how to use the scriptures according to the purpose for which they were given. (2 Timothy 3:16-17; 2 Peter 1:3-5). His life is lived in harmony with the scriptures and thus he is able to discern between the non-negotiable and negotiable issues of life. [Here is a tool to see if you are biblically wise.](#) (back to list)

Consistently Christ-like - meaning one possesses the kind of integrity that can withstand scrutiny in both his public and private life. This pastor is spiritually fit because he

practices the disciplines of the faith seeking to know Christ and the power of his resurrection. Christ's presence in his life touches his relationships at home church and in the community. The character of Christ shines through his life regardless of the circumstances. [Here is a tool to see if you are consistently Christ-like. \(back to list\)](#)

Physically fit - meaning one is able to take the stairs at the hospital to visit a church member in room 1024 (10th floor) and has recovered by the time he arrives at the bedside (within 30 seconds). This pastor believes his family and church benefit by his commitment to practice healthy eating and regular exercise. Moreover this pastor believes that proper stewardship of his life before God demands that he pay attention to his physical well being. [Here is a tool to see if you are physically fit. \(back to list\)](#)

Emotionally stable - meaning that one is able to look after his relationships with family church and the community. He is not constantly repairing his relationships because of multiple relationship offences committed on his part. He treasures his relationships. He nurtures them and seeks to build others up. He is able to do this relationship work because of the confidence he possesses in God. He is self-assured and does not struggle with low self-esteem. He possesses a good sense of self worth because he is loved by God and has been saved by God's grace. he is not driven to prove anything. He doesn't need to control people. He is able to serve people and if necessary suffer in that service without becoming bitter and vindictive. He loves as God has loved him. [Here is a tool to see if you are emotionally stable. \(back to list\)](#)

Intentionally equipping God's people for Christ's mission - meaning that one provides leadership for God's people in their God given mission. This pastor is a good teacher and shepherd. He is a visionary who empowers people to serve according to their shape. He is focused upon the church's mission to be a Great Commission church. He is able to inspire his people persuading them to set aside lesser things for the eternal work of the Kingdom. [Here is a tool to see if you are intentionally equipped. \(back to list\)](#)