

Clergy Care: Building Resiliency and Practicing Sabbath

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Objective:

To provide clergy and SPRC committee members current and practical information about engaging in self care that builds resiliency for ministry. Participants will also be introduced to contemporary concepts of Sabbath and will be provided with take home practices to begin right away.

STRESS BURNOUT



CLERGY STATISTICS

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BARNA RISK METRICS



BURNOUT RISK

- Less confident in their calling today than when they began ministry
- Rate mental and emotional health as average, below average or poor
- Seldom or never energized by ministry work
- Frequently feel inadequate for their calling or ministry
- Frequently feel emotionally or mentally exhausted
- Have suffered from depression sometime during their ministry
- Not satisfied with their pastoral vocation
- Not satisfied with ministry at their current church
- Tenure at their current church has been a disappointment
- Tenure at their current church has not increased their passion for ministry
- Their primary day-to-day tasks do not fit their calling or gifts

RELATIONSHIP RISK

- Rate their relationship with their spouse as below average or poor
- Rate their relationship with their children as below average or poor
- Rate their satisfaction with friendships as average, below average or poor
- Frequently or sometimes feel lonely or isolated from others
- Seldom or never feel well-supported by people close to them
- Say it's completely true that ministry has been difficult on their family
- Report a difficult relationship with their board or church elders

SPIRITUAL RISK

- Rate their spiritual well-being as average, below average or poor
- Say it is very or somewhat difficult to invest in their own spiritual development
- Receive spiritual support from peers or a mentor several times a year or less
- Say their tenure at their current church has not deepened their own relationship with Christ



- ▶ *13% of active pastors are divorced.*
- ▶ *33% felt burned out within their first five years of ministry.*
- ▶ *40% of pastors and 47% of spouses are suffering from burnout, frantic schedules, and/or unrealistic expectations.*
- ▶ *45% of pastors say that they've experienced depression or burnout to the extent that they needed to take a leave of absence from ministry. •*
- ▶ *50% feel unable to meet the needs of the job.*
- ▶ *57% would leave the pastorate if they had somewhere else to go or some other vocation they could do.*
- ▶ **WWW.MENTALHEALTHMINISTRIES.NET**

70% don't have any close friends.

80% believe that pastoral ministry affects their families negatively.

90% work more than 50 hours a week.

1,500 pastors leave their ministries each month due to burnout, conflict, or moral failure.


Doctors, lawyers and clergy have the most problems with drug abuse, alcoholism and suicide.

www.mentalhealthministries.net





Nehemiah NRSV)
4:10 But Judah said,
“The strength of the
burden bearers is
failing, and there is
too much rubbish so
that we are unable to
work on the wall.”

A silhouette of a tree bending under a heavy, cloudy sky, symbolizing resilience. The tree is dark and its branches are spread out, leaning to the right. The sky is filled with dramatic, grey clouds, with some light breaking through. The overall mood is one of strength and perseverance.

Do You Bend or Break?

RESILIENCE

What it's not?

► *Resilience is not the absence of distress or difficulty. Resilience is the ability to adapt and grow following adversity. (unknown)*

A photograph of a tree with bare branches, heavily laden with snow or ice, bending significantly under the weight. The background is a dark, stormy sky with heavy clouds. The text 'Bend or Break?' is overlaid on the image, and the word 'RESILIENCE' is at the bottom.


Bend or Break?

RESILIENCE

What is Resilience

► Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress - such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

► RESILIENCE



Bend or Break?

RESILIENCE

Building your resilience to stress

- Build connections
 - Foster wellness
 - Find Purpose
- Embrace healthy thoughts
 - Seek Help

<https://www.apa.org/topics/resilience>

Building Connections





Foster Wellness

find
your
purpose





It is ok
to ask
for help

Building
your
resilience
to stress



s a b b a t h

1

2

3

4

5

6

7

A Practice of Listening For God

Wayne Muller says...



During Sabbath you might
remember all of the things you
are holding...

— Wayne Muller —

AZ QUOTES

Wayne also
says...

Sabbath is built on
the foundation of...

faith



“This faith that is so critical to experiencing life giving Sabbath is built on the idea that this is God’s work, not ours! God and the angels will take care of it while we rest!”

And he also says...

Why should we take Sabbath?

Because God did!

- ▶ The heavens and the earth and all who live in them were completed. On the sixth day God completed all the work that he had done, and on the seventh day God rested from all the work he had done. God Blessed the 7th day and made it holy, because on it God Rested from all the work of creation.”
- ▶ Pastor Nick’s Version: The church fundraising campaign was finished, the sixth committee meeting of the week was over, Bible study came to a conclusion, and the floor in the fellowship hall had been mopped, and on the 7th day the church leader rested from all of the work she/he had done. The church leader blessed that day and made it holy, because on it the church leader rested from all of the work.

What happens during Sabbath?

In Sabbath time we remember to celebrate what is beautiful and sacred; we light candles, sing songs, tell stories, eat, nap...It is a time to let our work, our lands, our animals lie fallow, to be nourished and refreshed.”

What if we don't take the time?

- ▶ “Our lack of rest is not just a personal affliction. It colors the way we build and sustain community; it dictates the way we respond to suffering, and it shapes the way in which we seek peace and healing in the world.” (3)
- ▶ Without rest, we respond from survival mode, where everything we meet assumes a terrifying prominence.
- ▶ We have lost this essential rhythm. Our culture invariably supposes that action and accomplishment are better than rest, that doing something—anything—is better than doing nothing. Because of our desire to succeed, to meet these ever-growing expectations, we do not rest. Because we do not rest, we lose our way.

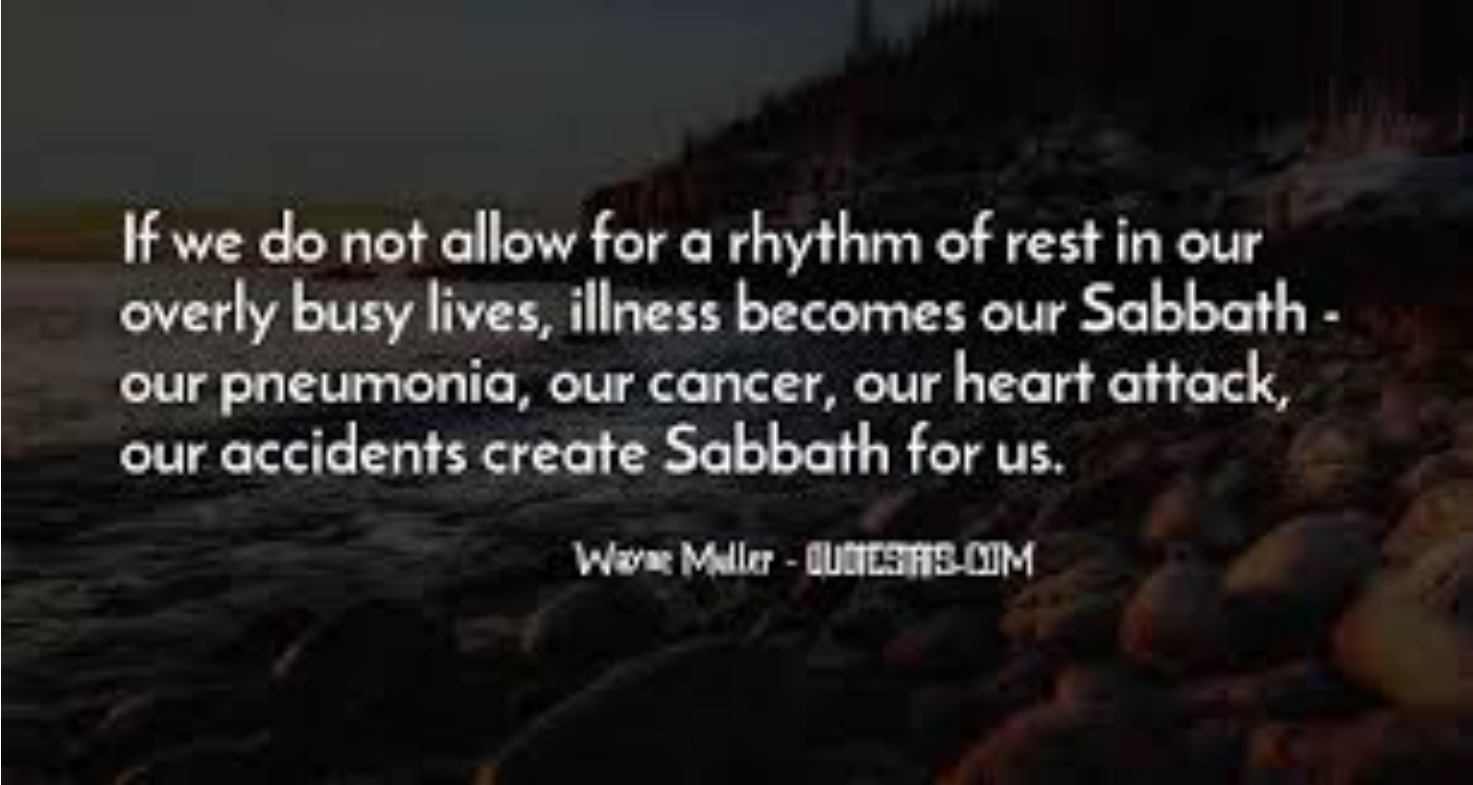
One more Sabbath concept...

“Sabbath is more than the absence of work; it is not just a day off, when we catch up on television or errands. It is the presence of something that arises when we consecrate a period of time to listen to what is most deeply beautiful, or nourishing or true.”

The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Oops, there's one more!

“Sabbath does not require us to leave home, change jobs, go on retreat, or leave the world of ordinary life. We do not have to change clothes or purchase any expensive spiritual equipment. We only need to remember.”



If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath - our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.

Wayne Miller - QUOTESPIES.COM

One last idea...

“We have lost our essential rhythm. Our culture invariably supposes that action and accomplishment are better than rest, that doing something---anything---is better than doing nothing. Because of our desire to succeed, to meet these ever-growing expectations, we do not rest. Because we do not rest, we lose our way.”

Wayne Muller

SPRC Support



SPPRC
Staff Pastor Parish
Relations Committee

BWC Policy and Procedures

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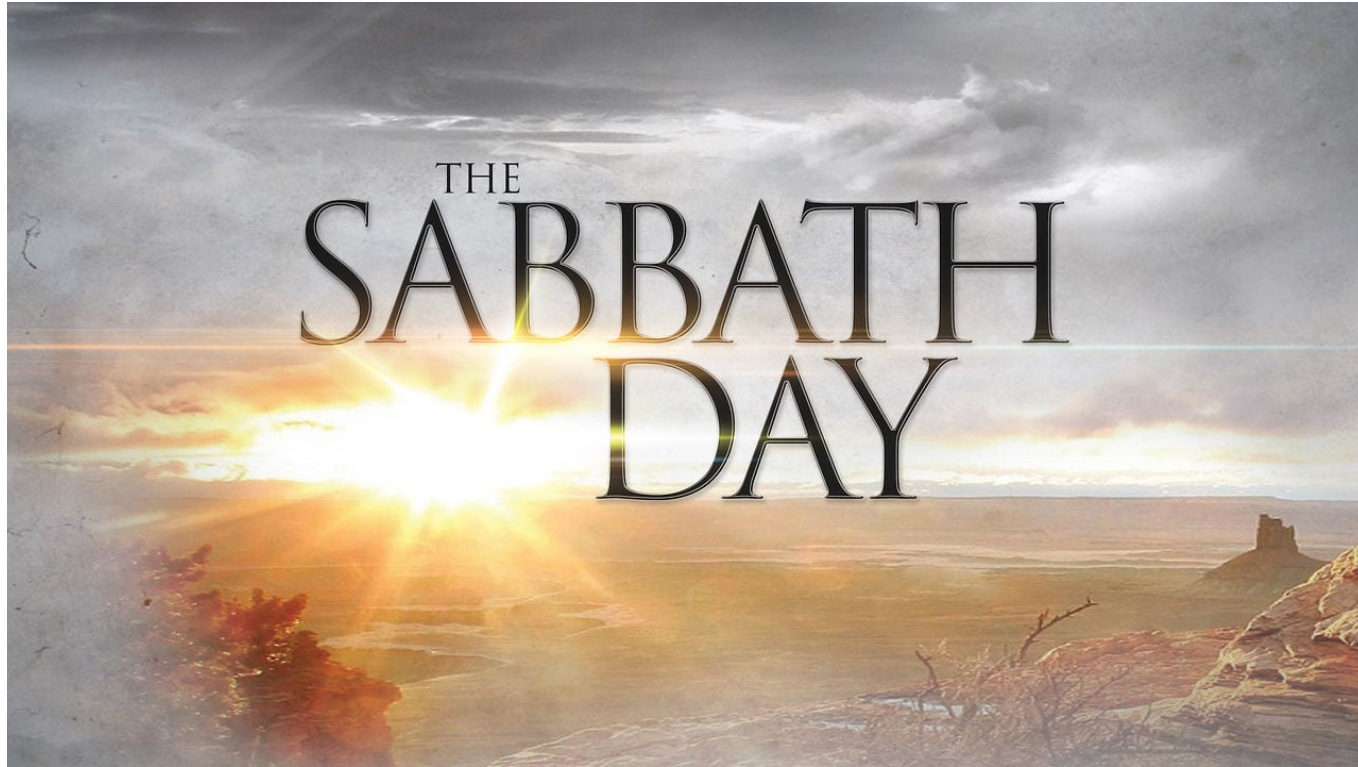


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Staff Pastor Parish
Relations Committee

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para. 4035 Sabbath Leave



SPPRC
Staff Pastor Parish
Relations Committee



Sabbath Practices

SABBATH PRACTICE #1

Take a walk. Outside if you can, but inside is okay too!

Walk slowly and silently without trying to get anywhere.

It is more of an amble, a stroll.

Let your sense guide your walk. (*If you are drawn to a leaf, a stone, a color, a chink in the concrete, a shape in the floor, the fragrance of grass, simply stop and linger, and allow the moment to be.*)



SABBATH PRACTICE #2

The Buddha said that if we truly understand the power of giving, we will never let even a single meal pass without sharing it with someone.

Take a walk through your home, and look at what you have accumulated, especially the beautiful, inspiring or nourishing things.

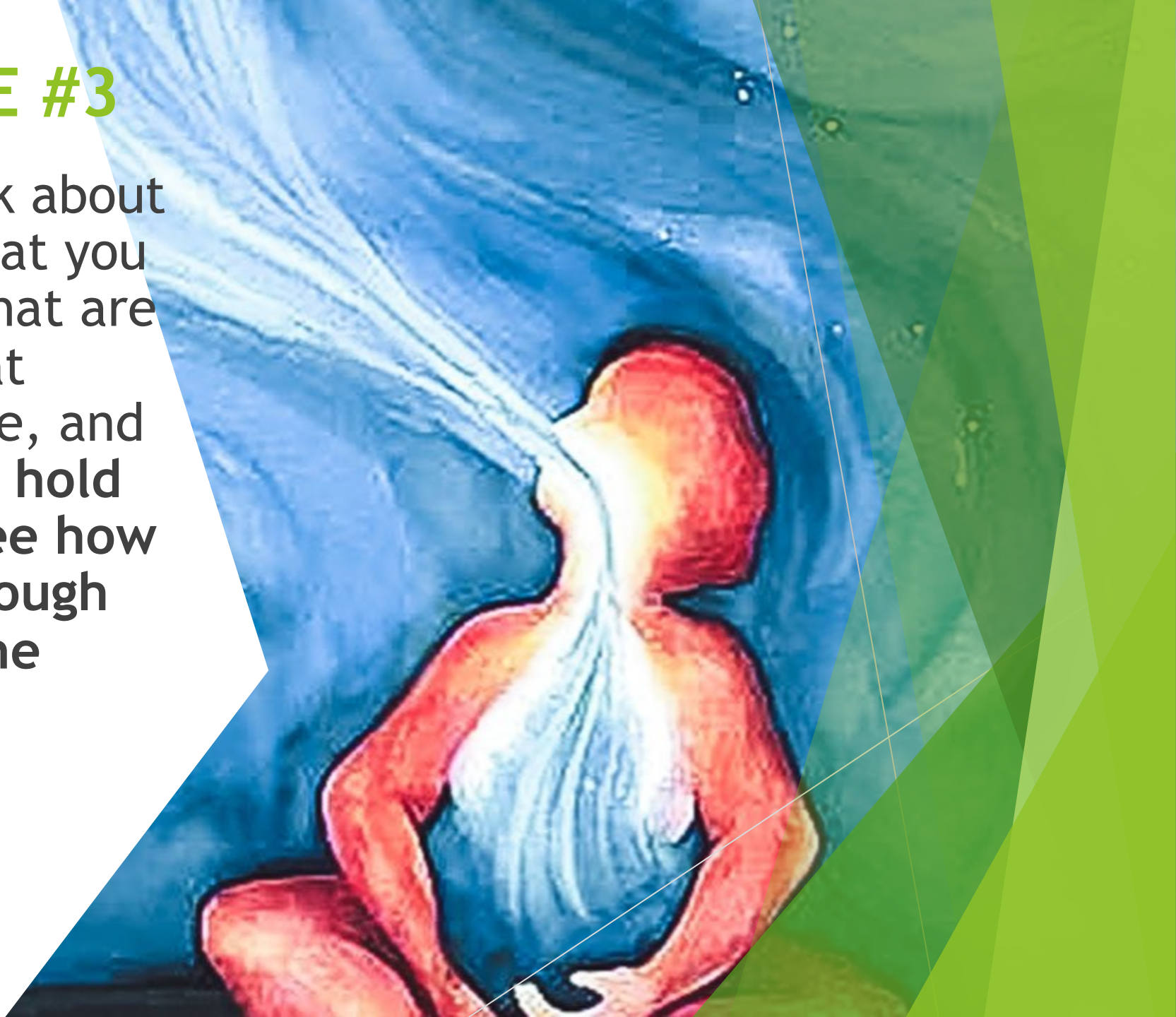
If you decided to make a gift of something to someone, how would you decide what to give. Who should receive it?

GIVE A GIFT



SABBATH PRACTICE #3

Take a moment to think about someone in your life that you are thankful for. For what are you thankful? Write that person a thank you note, and while you are writing, hold them in prayer, and see how God speaks to you through your writing, and in the silence.



REMEMBER...

“Sabbath does not require us to leave home, change jobs, go on retreat, or leave the world of ordinary life.

We do not have to change clothes or purchase any expensive spiritual equipment.

We only need to **REMEMBER**

Think About...



- ❖ How are your current Sabbath Practices building resilience for your ministry?
- ❖ Which activity speaks to you most clearly?