

EPISODE: 460

TITLE: **The Emotional Toll on Church Leadership**

It's disturbing to see how many pastors and church leaders are struggling with emotional pain, family problems, loving well, and moral failures.

Here are three things to believe and consider about maintaining your health as a leader:

- 1. Ministry that is ordained by God, led and empowered by the Spirit of God, will not lead to burnout or falling away.** If you see the church as a building or corporate structure and a series of endless programs, you are missing the beauty of living out of your true gospel identity as a dearly loved child of God and part of his forever family. Remember, the only mission Jesus gave the Church (that's us) is to be and make disciples. He promised to never leave us nor forsake us and his calling will never destroy our souls, families, and lives!
- 2. We must believe that the only opinion of us and our ministry achievements that matters is God's. And we already have his full love and approval regardless!** Jesus' life, death, and resurrection secured this for us. We now get to live on mission with Jesus, empowered by Jesus, trusting Him for the results and all of our needs and provision along the way. God will never call us to something that he himself has not provided for.
- 3. If you are secretly burned out or living in isolation due to fear or hidden sin in your life, find at least one trusted person you can be honest with TODAY.** Don't keep pushing through in silence thinking you'll be your own savior...eventually. Be honest with your family about how you are feeling. Seek to take a break or sabbatical as soon as you can or seek professional help from those experienced in this type of help and heart restoration. If you've already tried all this and are still drowning, I suggest you take a break from "professional ministry" for a season—or for good. **You will never truly lead others further, or to healthier, more mature places than you are.**

If you are not in a healthy place as a church leader and need help, don't wait!

Check out: <https://www.soulshpherd.org/store/sabbatical-guide/>

And if you'd like to be in a close mentoring and coaching relationship with Caesar and Tina and learn how to make discipleship and mission fit into the normal rhythms of your everyday life and family, let's talk:

everydaydisciple.com/discovery

Thanks for listening... we'll see you in the next episode!

~Caesar