

LEADWELL

Solomon's Mission Church Leader's Encouragement Night

March 15, 2018 (Side 1)

The **Problem**:

- It's Not All Bad
 - **97** % of Pastors feel privileged to be a pastor
- It's Not All **Good** : Depression and Stress in church leadership
- Depression:
 - **11** % of Pastors are depressed & **13.5** % of Pastors have an issue with anxiety (according to a study by Duke University)
 - Pastors linked their church's success with their own value and wellbeing
 - Rural Pastors struggle with social isolation
- Stress:
 - **54** % of pastors work over 55 hours a week. **18** % over 70 hours.
 - Mental health begins declining after **39** hours worked per week.
 - **57** % of pastors can't pay their bills
 - **26** % of pastors are overly fatigued
 - **30** % of pastors are obese
 - **28** % feel spiritually undernourished
 - **24** % of pastors pray for less than 30 minutes a day
 - **23** % of pastors are distant from their families
 - **09** % of pastors consider themselves to be burned out.
 - **90** % of high school students fail to get an adequate amount of exercise
 - **47** % of PhD students are depressed
 - **33** % of Lawyers are "problem drinkers"
 - **90** % of CEO's struggle with work-life balance
- Why this is a problem?
 - God has called us to be good **stewards** of the resources He gave us.
 - The most important thing we need to take care of is our **health**.

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March 15, 2018 (Side 2)

The **Answer**:

- We need to lead from a place of personal **Wellness**
- 5 Areas of Personal Wellness
 - **Spiritual** Wellness
 - You cannot lead people where you have not gone.
 - Mark 12:28-30; 1st Timothy 4:8; 2nd Peter 3:18
 - Tools: Prayer (corporate and personal); active learning
 - **Emotional** Wellness
 - God made us with emotions - and experiencing feelings is a good thing.
 - Proverbs 17:22; Proverbs 14:30
 - Tools: Doctors; Christian counselors; 1-844-4PASTOR (pastoral care line)
 - **Social** Wellness
 - "Sometimes you can't make it on your own - you don't have to go it alone"
 - Proverbs 13:20; Proverbs 22:24-25; Hebrews 10:24-25;
 - Tools: Connections in this room, in your church, in your denomination.
 - **Financial** Wellness
 - Money can be a good thing to have, but it should not be your main focus.
 - Hebrews 13:5; 1st Timothy 6:10; 1 Timothy 6:17-18
 - Tools: Digital resources (use the LeadWell link below), Dave Ramsey's FPU
 - **Physical** Wellness
 - You only get one body - you need to take care of it.
 - 1st Corinthians 10:31; 1st Timothy 4:8a; 1st Corinthians 6:20
 - Tools: MyFitnessPal, food journals, daily walks, exercise plans.