

Spiritual self-care tips for ministry leaders include prayer, reflection, reading sacred texts, and making time for worship. An assessment tool can help identify areas of need, with tips like establishing a Sabbath, seeking spiritual direction, and participating in a peer support group. Other self-care practices involve physical health, emotional well-being, and maintaining healthy relationships with friends and family.

Spiritual self-care assessment and tips

Spiritual disciplines:

Regularly engage in prayer, Bible study, and reflection. Consider a spiritual health assessment to identify areas that are out of balance.

Sabbath and renewal:

Observe a day of rest each week to disconnect from ministry duties and family responsibilities.

Spiritual direction/mentorship:

Seek guidance and counsel from a spiritual director or mentor who can provide a second opinion on your spiritual well-being.

Worship:

Intentionally participate in worship as a lifestyle. Try to see every action as an act of worship, or commit each breath to God.

Spiritual resources:

Read motivational spiritual books beyond sermon preparation. Re-read favorite spiritual texts or revisit comforting and meaningful spiritual experiences.

Peer support:

Connect with others to share experiences, pray together, and provide mutual support.

Mindfulness and reflection:

Practice being present in your activities and reflect on past spiritual "highs" to understand what was special and meaningful to you.

Be open to receive:

At times, be in a position where you are not in charge, and are open to receiving, listening, and looking for something new from God and others.

Be optimistic:

Maintain a mindset of hope and reach beyond what you comprehend or feel, and ask God to reveal something new in your life.

Other self-care areas

Physical:

Get enough sleep, eat regular and healthy meals, exercise regularly, and attend medical checkups. Take time off when you are sick.

Emotional:

Spend time with people you enjoy, practice positive self-talk, and find things that make you laugh. Allow yourself to cry when you need to.

Relational:

Spend time with friends, family, and pets. Schedule regular dates with your spouse and activities with your children.

Vocational:

Take regular breaks during the workday, balance your workload, and set healthy boundaries with those you minister to.