

Address it Now!

Preventative Pastoral Care Ideas

I Peter 1:15 & 16 calls pastors to rigorously seek a profound level of holiness.

“Just as he who called you is holy, so be holy in all you do; for it is written: Be holy, because I am holy.” (NIV)

“I ask you to start today. My concern is for you as a person. The pain is not measured by the statistics gathered to see how many pastors get into trouble. It is measured by the depth of pain felt by the person and family who go through such experiences. I walk alongside families who get started and I see despair turn into hope.”

Rev. John Herman, EFCA Pastoral Care Ministries

Failure to address issues makes a pastor vulnerable to ministry ineffectiveness and even the potential loss of one’s ministry. The longer you wait to deal with a problem, the harder it is to take the first step. The time to address any issue that has the potential of taking you down is NOW!

★ What Issues?

- Personal Purity
- Finances
- Positive Relationships
- Emotional Health
- Physical Health
- Family and Marriage

Honestly identify any area that should or does concern you.

★ How to start?

There are issues you can address by just getting at it. If so, make a plan.

There are times you need the help of a trusted friend. If so, find that friend.

★ Is help available?

1. Holy Spirit: Thought you might need to be reminded of this fact.
2. A Good Friend: Deep friendships often come with a willingness to help address problem areas.
3. Pastoral Care Ministries: A phone call or email (pastoralcare@efca.org) can start the process of connecting with us as care givers. We can guide you to numerous resources.
4. District Staff: Several EFCA districts have a staff member whose primary ministry is pastoral care.
5. Books: *EKG*, *Probing the Heart of a Pastor* (Tom Garasha); *Emotionally Healthy Spirituality* (Peter Scazzero); *Mission Possible: Winning the Battle Over Temptation* (Gil Stieglitz); *Preventing Ministry Failure* (Michael Todd Wilson & Brad Hoffmann); and many issue specific books.

“Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give it the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.” Parker Palmer, as quoted in *Emotionally Healthy Spirituality*, Peter Scazzero, Integrity Publishers, Nashville, 2006.



Pastoral Care Ministries
(952) 853-1766

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