

STRENGTHEN AND GROW YOUR MINISTRY

LCEF MINISTRY MOMENTS VIDEO SERIES

Wellness in the New Year #3 – Wellness Retreat

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Working in Christian ministry can be incredibly demanding and stressful, and church workers run the risk of getting overwhelmed and burning out.

How to gain support in the difficulty of ministry?

1. Read a book on wellness

- Take the time to learn about church worker wellness and how it can help you.
- Recommendation: *Reclaiming the Joy of Ministry* by Darrell Zimmerman
- If you are married, read the book with your spouse.

2. Plan time away with other ministry couples

- Be vulnerable with each other.
- Pray together.
- Support each other.
- Use a book like Zimmerman's to guide your discussions together.

3. Connect with a professional wellness retreat agency

- You and your spouse will be guided through a wellness journey.
- This is an opportunity to reset your life and your ministry.
- Reach out to an organization, like Grace Place, and book a time to begin your wellness journey.