

STRENGTHEN AND GROW YOUR MINISTRY

LCEF MINISTRY MOMENTS VIDEO SERIES

Leveraging Summer: Pastoral Self-Care and Restoring Joy

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Summer is a slow season of the church year when members leave on vacations and ministries take a break. After a busy Lenten season, this sudden drop-off in activity can be a letdown for pastors.

How can pastors leverage the slower summer for self-care?

1. Plan to take time away

- Plan at least 6 months ahead so that church responsibilities will be covered in your absence.
- Take at least 2 consecutive Sundays off.
- Enjoy the time. Sleep. Rest.

2. Make time for new hobbies

- Consider recreational pastimes that you already have but would like more time for or that you have always wanted to try.
- Use the extra time in the summer to invest in yourself and the things you enjoy.

3. Read a non-theological book

- Take time to read a book for fun.
- Activating the imaginative side of the brain brings joy, creativity, and a mental vacation.