

STRENGTHEN AND GROW YOUR MINISTRY

LCEF MINISTRY MOMENTS VIDEO SERIES

Respite Retreats

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A recent poll found that 38% of church workers have considered quitting in the past year, and many are on the brink of burnout. Ministry can be an “all-consuming fire” with little relief.

How to prevent fatigue and burnout for pastors?

1. Short retreats

- Two or three days is more doable for many people than a weeklong retreat or several months of sabbatical.
- Purposes of a brief pastoral retreat:
 - Engage in preventative self-care.
 - Grow in your calling.
 - Learn to live and work in grace.
 - Strengthen all areas of life.

2. Planning retreats

- Contact LCEF to discuss Grace Place and details of retreats.
- Put the retreat on your calendar so you keep the time free.
- Let leaders or a church worker support committee advocate for the retreat on behalf of the pastor.
- Create a line item in the church budget for respite retreats.