

Healthy Pastors



An assessment tool to help pastors evaluate their personal, marital, ministerial and missional health.



Introduction

Personal examination and reflection is essential for all ministers. The Apostle Paul encourages Timothy in this way:

Keep a close watch on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers. 1 Timothy 4:16 (ESV)

Many ministers do well at doctrinal examination but personal examination is also critical to our calling.

As a group of AGC pastors, we collectively have designed a simple assessment tool to help us persist in keeping a close watch on ourselves. The paradigm is straightforward. If we are doing well personally, it will have a positive effect on our marriage. If we are healthy and our marriage is doing well, then that will have a positive effect on our ministry. If we are healthy, and our marriage and ministry are healthy, then that will increase health in our mission in this world. Pictorially it looks something like this:



Note: If you are not married disregard the "my marriage" section and just assess in three other areas.

Here's how to use this tool:

Step one: Read through the statements in each section of the areas of assessment.

Step two: Give yourself a rating on each statement on a scale of 1-10/
(1 being unhealthy, 10 being very healthy)

Step three: At the end of each section, prayerfully identify a priority goal you sense God wants you to address. How is God affirming you? How is God challenging you? What action do you need to take?



Me

Evaluation Statement <i>Reflect on each statement based on your current condition</i>	Evaluation Rating <i>1 = unhealthy, 10 = very healthy</i>
I am in a healthy place in terms of my personal relationship with God.	1 2 3 4 5 6 7 8 9 10
I am spending regular time in the word to feed my soul. I have a genuine desire to know more about God. I am engaged in on-going theological education either formally or informally.	1 2 3 4 5 6 7 8 9 10
I am spending regular time in prayer and find it to be active and vibrant. I take time just to listen to God.	1 2 3 4 5 6 7 8 9 10
I have a keen sense that I know God's mind on various issues in my life. I take time to reflect on my life and walk with God on a regular basis.	1 2 3 4 5 6 7 8 9 10
I am well supported by mentors and other Christ followers. I am being mentored regularly and have several "iron sharpening iron" types of relationships.	1 2 3 4 5 6 7 8 9 10
Physically I am in good shape, exercise regularly and eat in a healthy way, knowing my body is the temple of the Holy Spirit.	1 2 3 4 5 6 7 8 9 10
I am getting enough sleep. I fall asleep easily and wake up refreshed.	1 2 3 4 5 6 7 8 9 10
I am feeling emotionally healthy. I am aware of my emotions and how my emotions affect others. I am growing in self-awareness.	1 2 3 4 5 6 7 8 9 10
I have safe people in my life with who I can share personal things.	1 2 3 4 5 6 7 8 9 10
I participate well in the worship of God in my church community.	1 2 3 4 5 6 7 8 9 10
I am striving to live a life of purity. I live a life reflective of the fruit of the spirit and pursue holiness both personally and publically. I quickly repent of sin in my life and feel that I am having spiritual victory.	1 2 3 4 5 6 7 8 9 10

Priority Goal: *How is God affirming me? How is God challenging me?*

Action Required:

My Marriage



Evaluation Statement <i>Reflect on each statement based on your current condition</i>	Evaluation Rating <i>1 = unhealthy, 10 = very healthy</i>
My spouse and I are committed to devotion, loyalty, fidelity and hope. We have a deep conviction that disengagement is not an option. We are committed and dream of a positive future together.	1 2 3 4 5 6 7 8 9 10
My spouse and I do what it takes to nurture our relationship. We learn new skills and release bad habits.	1 2 3 4 5 6 7 8 9 10
My spouse and I deeply honour our spiritual commitments and help each other in spiritual growth. We pray with and for each other daily.	1 2 3 4 5 6 7 8 9 10
My spouse and I function as a team. We ensure fairness and equity in family responsibilities and household tasks. Our expectations are fairly negotiated and their roles and responsibilities are clearly defined.	1 2 3 4 5 6 7 8 9 10
My spouse and I really enjoy spending time with each other. We regularly schedule time together for dates, hobbies and adventures.	1 2 3 4 5 6 7 8 9 10
My spouse and I have learned the art of meaningful conversation and can talk about both facts and feelings with ease. We schedule regular time to connect.	1 2 3 4 5 6 7 8 9 10
My spouse and I regularly celebrate our marriage union with passionate sexual intimacy. We keep our marriage bed pure and exciting.	1 2 3 4 5 6 7 8 9 10
My spouse and I know how to have a good fight and stay in love. We understand how to process conflict well. We are quick to express grace and forgiveness to each other and strive to keep short accounts.	1 2 3 4 5 6 7 8 9 10
My spouse and I guard our relationship from outside pressures such as pornography, affairs, inappropriate emotional dependencies etc.	1 2 3 4 5 6 7 8 9 10
My spouse and I encourage each other to be all that God wants each of us to be in our respective callings. We encourage each other to use our talents and spiritual gifts effectively. My spouse and I are life-long learners.	1 2 3 4 5 6 7 8 9 10
My spouse enjoys being married to a pastor and feels that we have a balanced life together.	1 2 3 4 5 6 7 8 9 10

Priority Goal: *How is God affirming me? How is God challenging me?*

Action Required:



My Ministry

Evaluation Statement <i>Reflect on each statement based on your current condition</i>	Evaluation Rating <i>1 = unhealthy, 10 = very healthy</i>
I feel that this ministry position is healthy for my family and allows me the opportunity to steward my gifts well. I feel that I am keeping a good pace in ministry and infrequently feel overwhelmed.	1 2 3 4 5 6 7 8 9 10
I have positive relationships with those with whom I work and serve. I truly enjoy the people in my church. I believe they have my best interests at heart.	1 2 3 4 5 6 7 8 9 10
People are coming to Christ through my ministry. People are expressing a greater passion for God because of my ministry to them. My ministry shows evidence of bearing fruit.	1 2 3 4 5 6 7 8 9 10
My ministry goals are clear and I am making good progress. I work hard at equipping others for ministry and the church is growing as a result. I have a strong team approach to my ministry.	1 2 3 4 5 6 7 8 9 10
My ministry is driven by my prayer times with God. I really enjoy studying and communicating God's word.	1 2 3 4 5 6 7 8 9 10
I really enjoy working with my board and feel we are on the same page and gaining traction.	1 2 3 4 5 6 7 8 9 10
I enjoy ongoing relationships with other pastors in my area.	1 2 3 4 5 6 7 8 9 10
I can share my personal concerns with the other leaders in my ministry. My church respects spiritual authority.	1 2 3 4 5 6 7 8 9 10
I have adequate resources to do my ministry well.	1 2 3 4 5 6 7 8 9 10
I feel that I am adequately compensated and the needs of my family are being well met.	1 2 3 4 5 6 7 8 9 10
The longer I serve the more in love I am with the Lord.	1 2 3 4 5 6 7 8 9 10

Priority Goal: *How is God affirming me? How is God challenging me?*

Action Required:



My Mission

Evaluation Statement <i>Reflect on each statement based on your current condition</i>	Evaluation Rating <i>1 = unhealthy, 10 = very healthy</i>
I have a sense of being 'on mission' where I live, work and play.	1 2 3 4 5 6 7 8 9 10
I am actively building relationships with those distant from Christ. There are many non Christian people who consider me a good friend.	1 2 3 4 5 6 7 8 9 10
I regularly bring un-churched people to outreach oriented events at our church. I have led someone to Christ this year who does not attend our church.	1 2 3 4 5 6 7 8 9 10
I am actively involved in a ministry outside of our church that is compassion oriented. I am involved in ministries of mercy and justice.	1 2 3 4 5 6 7 8 9 10
I participate in community events and activities. I officiate at community weddings, dedications and other rites of passage.	1 2 3 4 5 6 7 8 9 10
I am discipling new believers that I have led to Christ.	1 2 3 4 5 6 7 8 9 10
My family has a positive influence in the community. I consistently practice Christian hospitality.	1 2 3 4 5 6 7 8 9 10
I am aware of needs in my community (poverty, unemployment, homelessness etc.) and am doing something about these needs.	1 2 3 4 5 6 7 8 9 10
I participate in cross cultural ministry or missions. I am involved in local Bible Colleges or Seminaries.	1 2 3 4 5 6 7 8 9 10
I pray regularly for the salvation of my community.	1 2 3 4 5 6 7 8 9 10
I am not overworked in my church context and have time to personally participate in God's mission outside of my professional ministry work.	1 2 3 4 5 6 7 8 9 10

Priority Goal: *How is God affirming me? How is God challenging me?*

Action Required:

How did you do?

Take a few minutes to review your priority goals. What can you do to increase health in these areas? When will you do this? Who can help you do better in these areas? Pray for God's guidance and discernment. Take a few moments to write out a prayer reflecting your heart's desire to be a healthy pastor.

My Prayer:

Priority Goals and Action points:

List again the four action points you need to take to become more healthy

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-
-
-

Date: _____

“Never lose sight of the fact that the box (your ministry) is not as valuable as the gift (Jesus). And the only reason the box exists is to deliver the gift. You have dedicated your life to the gift, not the box”.

Witt, Lance. Replenish: leading from a healthy soul. Baker book house. Grand Rapids, Michigan. 2011. Page 32.