



2026

THE YEAR OF THE PASTOR

"I will give you shepherds according to my heart."
Jeremiah 3:15

"Becoming a Healthy Pastor"

It is important for pastors to be intentional in taking care of yourself. Being spiritually, physically and emotionally healthy will help avoid burnout and make the journey of the "call" more enjoyable.

3 John 1:2 says,

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

This scripture is a great reminder that being physically healthy is important, but it's also important for our soul to be healthy.

We can't be as effective in the Kingdom if we are not healthy in body and spirit.

Both of these things work together to give us the strength we need to accomplish the mission that leads us.

In order for a church to be healthy, the pastor has to be healthy. It's been said, "Healthy pastors create healthy churches and healthy churches change the world!"

1. Spend Time With God

As pastors, you extend grace to others and very seldom extend it to yourself. It's ok to rest your body, take time for yourself and spend time with the Lord so He can pour back into you what you have poured out to others. This will strengthen you so you can continue doing what God called you to do. In Matthew 11:28 Jesus reminds us if we are weary and burdened to come to Him and He will give us rest.

2. Delegate

Ephesians 4:11-13 says,

"So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ."

As a pastor, learning to delegate is key. This helps your congregation to identify their gifts so they can find their purpose and walk in that purpose. This will not only be a blessing to you but it will help them feel fulfilled and special in the Kingdom of God.

3. Healthy Eating Habits and Exercise

1 Corinthians 3:16 says, "Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?". Our bodies belong to the Lord and it is important that we respect our temple. Eating healthy can prevent inflammation, fatigue and decreased energy levels, which can lead to obesity, heart disease and diabetes. A good diet paired with exercise will keep you strong to run the race God has set before you.

4. Confidant or Counselor

If you find yourself getting overwhelmed, reach out! Share your thoughts and concerns with a close friend, pastor or counselor. Everyone has moments of weakness from time to time. Don't let this be a reason to quit pastoring or give up. Talk about it. You may be one conversation from a breakthrough.

Remember: Your congregation is important, but so are you! Take care of yourself so you can be the best YOU God has called you to be. Your family deserves it, your church deserves it, and you deserve it!

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For discussion or questions contact:

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