

How to Pray for Your Pastor

Pray for his personal time with the Lord

Pray for his study time

Pray for his reading

Pray for the Lord to guard his mind and his heart

Pray for his peace

Pray for the Holy Spirit's anointing and presence personally and corporately as a church family

Pray for his preaching: there is the temptation for every sermon to be a home run, but the Lord is teaching him the cumulative effect faithfulness is the mark of success; not the extraordinary

Pray for his prayer life to grow

Pray for his holiness

Pray for his fears - that the Lord would replace them with faith

Pray for his own personal evangelism amidst the "cocoon" of ministry

Pray for him to find a pastor/mentor

Pray for his refreshing — fresh water for his own soul from the Lord

Pray for him to have the boldness to say no to good things that aren't God things

Pray for him to not be distracted

Pray for him in the temptation and fear from the enemy that the growth and health of the church is all upon his shoulders

Pray for the Lord to lift up an Aaron and Hur in the church to hold up his hands

Pray for the Lord to send a Barnabas to encourage him

Pray for the Lord to send a Paul to challenge him

Pray for the Lord to send a Timothy to benefit from him

Pray for him to find his identity in Christ and not his ministry

Pray for his spouse

Pray for him to forgive himself for mistakes he has and will make in the ministry, to become a more humble and Christlike leader

Pray for his family who share the glasshouse and burden of his ministry

Pray for him to be fully present with his family and not mentally thinking of the church

Pray for the Lord to help him practice Biblical self-care, sabbath, and to learn to rest

Pray for a hedge spiritual protection

Pray for the Lord to grant him wisdom

Pray for his zeal for the Gospel

Pray for him to keep feeding the flame of his gift(s) from the Lord

Pray for the discouragement and depression that Satan throws against his soul

Pray for his concern for church members and situations that may be keeping him up at night

Pray for the Lord to be his strength amidst the spiritual warfare the adversary thrusts upon him

Understanding state of Pastoring in the United States

Bivocational – really means “Full time pastor who works a Full time job as well to make a living” 60-80hr weeks are normal. Most full time pastors work 50-70hrs a week. But hours aren’t the really issue, stress and recharging rest are.

Be generous with time off, require to him to take it. Many pastors struggle being more like Martha than Mary. Some churches provide sabbaticals every few years of 4-12 weeks of recharging in addition to 4 weeks’ vacation.

Mondays are incredibly hard for most pastors. Sunday is the pinnacle of the week and Sunday in the words of one preacher, “comes every 3 days.”

Take all stats with a grain of salt....but they tell a story

Understanding Statistics on Pastors’ Ministry Stress

- 75% of pastors report being “extremely stressed” or “highly stressed” (1)
- 90% work between 55 to 75 hours per week (2)
- 90% feel fatigued and worn out every week (1)
- 70% constantly fight depression (2)
- 70% say they’re grossly underpaid (2)
- 40% report a serious conflict with a parishioner at least once a month (1)
- 78% were forced to resign from their church (63% at least twice), most commonly because of church conflict (1)
- 80% will not be in ministry ten years later and only a fraction make it a lifelong career (1). On average, seminary trained pastors last only five years in church ministry (2)
- 100% of 1,050 Reformed and Evangelical pastors had a colleague who had left the ministry because of burnout, church conflict, or moral failure (2)
- 91% have experienced some form of burnout in ministry and 18% say they are “fried to a crisp right now” (7)

From <https://www.soulshpherd.org/pastors-under-stress/>

Understanding Statistics on Pastoral Tenure and the State of American Churches

- **45%** of pastors spend 10-15 hours a week on sermon preparation.
- **57%** of pastors feel fulfilled but yet discouraged, stressed, and fatigued.
- **1** out of every **10** pastors will actually retire as a pastor.
- According to Lifeway, **6 out of 10 churches** [or more] are plateaued or declining in attendance.
- **4,000** new churches begin each year and **7,000** churches close.

From <https://www.pastoralcareinc.com/statistics/>

Understanding Statistics on Pastoral Tenure and Sabbatical

- In the SBC, average pastor tenure is 3-4 years at a church
- It takes a pastor close to 7 days off before he can **begin** to mentally and emotionally unplug from the church

From practicalshepherd