




Caring for Your Pastor

Believe it or not, pastors are people too! Although your pastor serves as a spiritual leader, pastors also experience stress and uncertainty, and need the support of others. Here are a few simple ways you can help care for your pastor:

- Send a card or e-mail to let them know you are praying for them and their leadership
- Respect their days off as you would any other professional
- Share thanks for ways their ministry has strengthened your relationship with Christ
- Welcome the pastor's spouse and family (if they have one) as part of the congregation without unrealistic expectations
- Ensure healthy food choices are available at church events
- Discuss any disagreements first with the pastor directly and confidentially, giving them the benefit of the doubt
- Give faithfully to help ensure the pastor is paid on time and to support essential ministries


 **Additional resource:**
50 Ways to Support Your Pastor's Well-Being:
Go to wespath.org and search "50 Ways"



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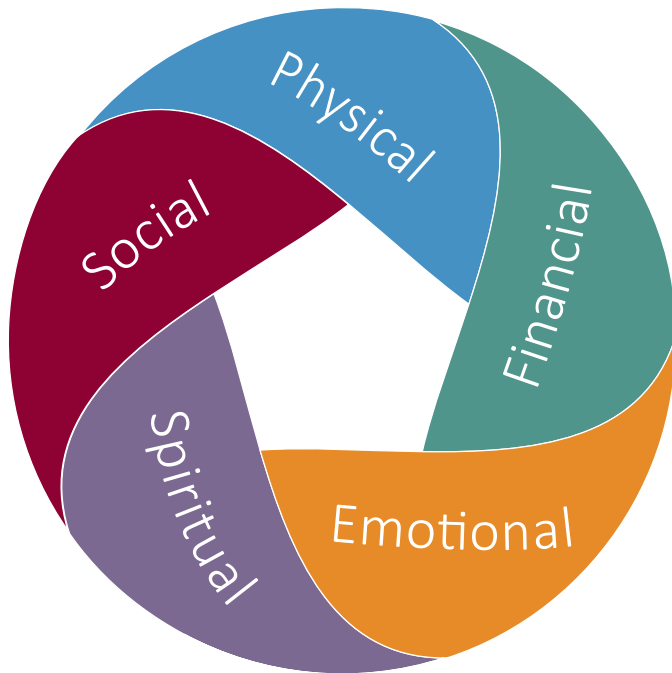
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CONNECTING ELEMENTS OF WELL-BEING



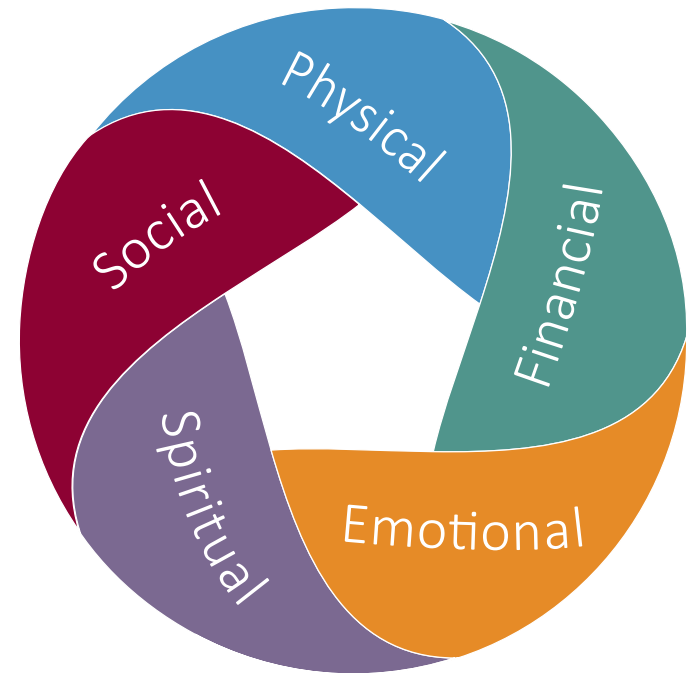
Find more health and well-being information at wespeth.org/benefits.

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