

LEADER CONVERSATION GUIDE

3 Keys to Soul Care for Pastors with Sandra Stanley - Episode 249

Pastoring Pastors (Part 2)

“Pursuing humility is one of the most important keys to sustaining long-term in ministry.”

We're in Part Two of our “Pastoring Pastors” series, where we're focusing on *your* personal health as a pastor and leader. In this episode, Sandra Stanley joins the podcast to discuss the importance of authenticity, humility, and honest relationships for the health of our leadership and our souls.

Three Keys to a Healthy Soul in Ministry

Key #1: Our faith and our personal walk with God is authentic.

How is your intimacy with God *really*? Pastors in ministry are the most set up for faking it—because we feel like we have a lot to lose. Intimacy with God only stays authentic when we prioritize our time alone with Him, we renew our minds and our hearts in His word, and when we commune with Him privately in the regular rhythm of our every day.

Has your quiet time turned into sermon prep time? Has your prayer time defaulted to just asking God for a message or for new opportunities? When those things replace the time that is meant for us deepening our intimacy with God, it's easy to drift. But if we want to have an enduring ministry where we're leading other people towards intimacy with God—we must be experiencing it as well.

Key #2: We pursue humility.

The world we live in today is in direct conflict with a call to pursue humility. We have to fight for it constantly.

“When we, like Jesus, love what is most lovely and value what is supremely valuable, and glorify most what is most glorious, we will begin to experience freedom from the crippling concern of glorifying ourselves.” — JR Vassar, [Glory Hunger](#)

Entitlement starts somewhere, and it usually starts really small. It can be pretty insidious, and catch us by surprise. In order to prevent this, there are guardrails you can set in place to pursue humility and avoid “swallowing the strange pills:”

1. Don't set yourself up to be treated differently than the other people around you—and don't let your staff push you into it either.
2. Surround yourself with real friends who will say the hard things to you—outside of your paid staff.
3. Don't climb up when people put a pedestal in front of you.
4. Don't let your church, or the people in your church, give you any kind of personal wealth.
5. Don't fall into the growing movement of “honor culture.”

Key #3:

We get help with anything in our past or present that has the potential to hold us back.

Your past will sneak into your present and it will impact your future. Many people in ministry have had heavy, hard things happen in their past and their actions, reactions, words, and responses continue to be rooted in that.

The hard things that we're dealing with presently in our life also have the potential to derail our future. So whatever we have to do to dislodge and deal with that stuff we're carrying, **we need to do it**. Don't carry the hard stuff on your own.

Final Thoughts

You are just as susceptible to pride as the pastors who make the headlines. That's why soul care and pursuing humility is so critical to your health as a pastor and, in the long run, to the health of your church.

Listen to the full episode on Apple Podcasts, Spotify, or at theunstuckgroup.com/episode249.