

HOW TO PREVENT STRESS AS A PASTOR:

90 MINUTES TO SUCCESS



FREE EXCERPT

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DEFINITION OF STRESS

A state of mental or emotional tension caused by one's thoughts about a circumstance, not the circumstance itself.

OBJECTIVE

To teach you how to prevent stress by applying 10 proven steps to a circumstance that you are experiencing as stressful.

MYTH OR TRUTH

1. STRESS IS A NORMAL PART OF BEING A PASTOR. ALL PASTORS ARE STRESSED.

This is a myth.

If it were true, 100% of pastors would be stressed. However, according to a 2022 survey by Lifeway Research, 63% of pastors are stressed.

2. PASTORS' CIRCUMSTANCES CAUSE STRESS.

This is a myth.

If it were true, all pastors who experienced the same circumstance would be stressed.

I will introduce you to two pastors who experienced the same circumstance: two prominent families left their church.

The pastor at church #1 was stressed. The pastor at church #2 was not stressed.

How is this possible, since both pastors experienced the same circumstance? Here's how it is possible:

The pastor at church #1 thought, "It is my fault that families left." I should have been able to prevent them from leaving. I am a terrible leader."

The pastor at church #2 thought, "I would have preferred that the families remain at the church. However, I do not control what other people do. I do control what I think and do. I choose to think about the many positive, life-changing things happening at the church."

So, the circumstance did not cause the pastor at church #1 to be stressed. Instead, what he **thought** about the circumstance caused him to be stressed.

This illustrates that the cause of stress is one's **thoughts** about a circumstance, not the circumstance itself.

Be careful how you think; your life is shaped by your thoughts. - Proverbs 4:23 (GNT)
Notice that the verse **does not** say: *Your life is shaped by your circumstances.*

3. THE BEST WAY FOR PASTORS TO DEAL WITH STRESS IS TO MANAGE IT.

This is a myth.

When stressed, pastors may attempt to “manage” it through various methods:

a. Band-Aid Method (BAM).

This method may include smoking, using alcohol or illegal drugs, watching pornography, or having an extramarital affair.

The advantage of this method is that it may provide short-term relief of emotional or physical pain. The disadvantage is that it may cause long-term problems.

b. Stress Management Method (SMM).

This method may include exercising and engaging in physical activity, listening to music, spending time in nature, cuddling with a pet, watching a funny movie, and going on vacation.

The advantage of this method is that it may provide temporary relief.

The disadvantage is that it may lead to additional stress due to trying to fit these activities into an already jam-packed schedule.

Both the BAM and SMM fail because they only address the **symptoms** of stress, rather than the underlying **cause** of stress.

On the other hand, my method, the Stress Prevention Method (SPM), succeeds because it addresses the underlying cause of stress, your thoughts.

Follow the steps of the stress prevention worksheet to see how my Stress Prevention Method (SPM) works.

**DISCOVER 10 PROVEN STEPS
GUARANTEED TO EMPOWER YOU
TO PREVENT STRESS**

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