

## THE HEALTHY-HEARTED PASTOR

Bruce McAllister

The healthy-hearted pastor is:

1. \_\_\_\_\_ to the Lord.
2. \_\_\_\_\_ in the Lord, His Word, and His promises.
3. \_\_\_\_\_ in pastoral care.
4. \_\_\_\_\_ in personal demeanor.
5. \_\_\_\_\_ in times of conflict.
6. \_\_\_\_\_ in his personal testimony.
7. \_\_\_\_\_ to effective service.

**Handling Ministry Pressures:  
A Checklist of Vital Questions**

- 1. Am I strengthening my confidence in the promises of God through vital time with God in the Word and prayer?**
- 2. Am I getting adequate rest, a healthy diet, and regular exercise?**
- 3. Am I maintaining a disciplined schedule and a strong work ethic combined with a balanced cycle of rest and refreshment?**
- 4. Am I cultivating a warm, loving, respectful relationship with my wife and children?**
- 5. Am I effectively pastoring my people by developing good relationships at all levels?**
- 6. Am I developing a core of best ministry friends and mentors with whom I can confide and who will talk straight with me?**
- 7. Am I sensitive to the value of pressures that God puts upon me so that I can be a better man and better pastor to my people who are under pressures? Am I a “whiner”?**
- 8. Am I blind to a pattern of personal negative thinking about people and circumstances that betrays a loss of confidence in God’s power and goodness?**
- 9. Am I properly and patiently developing loyal lay leadership to carry ministry load and serve as godly advisors and protection against criticism and disunity?**