

12 Clergy Self Care Resolutions

There is only one person who will be with you throughout the whole of your ministry; YOU!
There is one person who cannot drop their responsibility for your care: YOU!

God loves us, and our well-being matters to Him. Good self-care is a hallmark of mature discipleship; it will build resilience for ministry and the challenges of serving others.

So, here are 12 biblically based resolutions to keep us well and faithful:

1. **I am a child of God.** I am unconditionally loved. My identity does not lie in my achievements. I will rest in God's love and not strive for other's approval. John 1:12
2. **I am sent by God.** God doesn't make mistakes. My life has purpose. I will trust Him when I'm not sure what's going on. Ephesians 2:8-10
3. **I don't have to hold it all together;** that's Jesus' job. It's OK to not always feel OK. I will get help for my spiritual, emotional and practical needs. Colossians 1:17-18
4. **I will rest well.** Jesus rested and I have permission to rest. In fact God commands me to rest. I will plan an on-going rhythm of work, rest and play. Matthew 11:28-30
5. **I was made to enjoy a relationship with God.** I will daily spend time reading the Bible, praying and doing whatever else helps me connect with God. Psalm 63:1-8
6. **I am made for relationships with other people.** I will intentionally invest in honest friendships. I will give and receive support in my church community. Proverbs 27:9 & 17
7. **I am placed in relationships for God's purpose.** I will work with the local deanery, networks and teams to do life and ministry together. 1 Corinthians 12:12-20
8. **Prayer support is a gift from God.** I will regularly share prayer requests with my friends and supporters. Ephesians 6:19-20
9. **My body is a gift from God.** I will look after my body by exercising regularly, eating well and sleeping enough. 3 John 1:2
10. **My body is a temple of the Holy Spirit.** I will treat it as such by not drifting into excess food, drink or other activities. 1 Corinthians 6:19-20
11. **I am allowed to enjoy life.** I will take time for activities I enjoy. Nehemiah 8:10
12. **I will choose to give thanks.** There are always things to give thanks for I will reject the temptation to grumble and give thanks instead. 1 Thessalonians 5:18

I will also take time to read, pray, study and retreat.