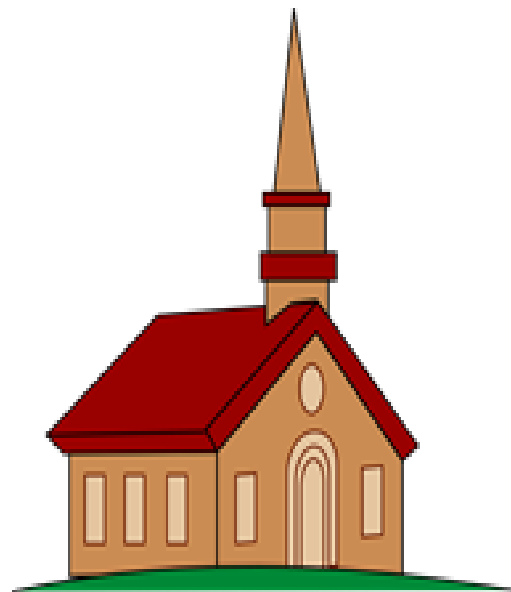


Tips and Tools for Sustaining Your Ministry

Ideas for innovative ministry wherever you are.

Things to Remember:

- Power at its root is simply the capacity to have an effect in the world. Only those who are content to be ineffectual in ministry can ignore or seek to evade the power that belongs to their office as ministers.
- Ethics in ministry depends on the steady, careful disciplines that enable power to be directed to the good of those who are served, and not those who exercise it.
- Boundaries are not essentially negative, things not to do to avoid trouble. They are lines that help you and your parishioners keep the focus on ministry, and make a place where people can be hurt, doubting, confused or tempted without fear of being harmed.
- The processes by which pastoral identity is corroded are slow and subtle, and everyone is susceptible to them just because of being human.
- The most essential practices that protect your ministry are relational: the vertical relationship with God kept vital by a consistent and honest prayer life, and relationships of spiritual accountability that ensure that other faithful eyes and hearts are helping to guard yours.



Things not to give up:

- Rest and sleep. The idea that you can serve well without accepting the limits of your body is not just false, it is heretical.
- Time with people who love you, who are not impressed by you, and whose pastor you AREN' T.

Play and laughter. It is one of the healing gifts of the Spirit.

— Dr. Sondra Wheeler, author of "*Sustaining Ministry: Foundations and Practices for Serving Faithfully.*"