



Being a Healthy (Free Will Baptist) Pastor in an Unhealthy World

Edward E. Moody, Jr., Ph.D.

emoody@nafwb.org

What unique challenges do Free Will Baptist pastors face?

_____ communities

Top Ten Challenges Faced by Free Will Baptist Pastors

Challenges	FWB Rank	All Pastors Rank	FWB Mean	All Pastors Mean
Effectively Evangelizing People Who Have Never Visited the Church	1	1	3.37	3.3
Retaining Young Adults	2	3	3.32	3.18
Mobilizing for Evangelism	3	2	3.21	3.27
Finding High Quality Pastoral and Intern Candidates	4	8	3.19	2.94
Recruiting Lay Leaders	5	11	3.17	2.9
Increasing Small Group Participation	6	10	3.16	2.9
Getting Members to Put Their Faith Into Practice	7	4	3.15	2.98
Mobilizing Members for Ministry	8	7	3.11	2.94
Running High Quality Youth Programs	9	6	3.02	2.95
Running High Quality Children's Programs	10	8	3.02	2.91

“The Top Ten Challenges Facing Pastors in 2024”

<https://place.asburyseminary.edu/cgi/viewcontent.cgi?article=1471&context=gcrj>

_____ churches

Significantly Greater Challenges for Free Will Baptist Pastors

Concern	FWB Pastor Rank	Mean	Probability
Finding High Quality Pastoral and Intern Candidates	4	3.19	.005
Recruiting Lay Leaders	5	3.17	.000
Increasing Small Group Participation	6	3.16	.000
Getting Church Members to Put their Faith Into Practice	7	3.15	.010
Mobilizing Members for Ministry	8	3.11	.007
Reducing Member Indifference	11	2.98	.017
Meeting the Demands of My Schedule	15	2.89	.033
Managing My Time	17	2.86	.006
Developing Effective Strategy	19	2.80	.009
Promoting Active Participation in Worship	23	2.76	.013
Using Technology Effectively	24	2.76	.052
Creating High Quality Worship Services	28	2.72	.000
Casting a Clear Vision for the Church	31	2.67	.006
Creating Attractive Programs	35	2.61	.016
Resolving Personal Frustrations	43	2.51	.047
Combatting False Doctrine	47	2.46	.007
Staying Connected to God	55	2.35	.003
Maintaining My Mental Health	56	2.34	.043
Making the Gospel Attractive	67	2.15	.0012

_____ of pastors

What would happen if there were no pastors?

What do pastors and fighter pilots have in common?

What concerns do FWB pastors have?

Concerns	Percentage of Participants
Anxiety	49
Ministry issues	37
Depression	35
Marriage	32
Grief	29
Sexual issues (e.g., pornography, addiction)	8
Trauma	8
Family issues	7
Other	8



Are Free Will Baptist pastors unusual? _____

The Enemies of the Emotionally Healthy Pastor: _____

Why are pastors so anxious and stressed?

There is too much _____.

There is no real _____.

There is pressure on the _____.

There are unrealistic _____.



The Enemies of the Emotionally Healthy Pastor:



How do we get (or stay) healthy? Be Intentional.

Intentionally take time for _____.

.....
Devotional Meditation³⁵

1. Sit quietly and pray. (2 minutes)
 2. Read a Scripture passage. (2-5 minutes)
 3. Answer these questions:
 - a. What is the meaning of this passage? (2 minutes)
 - b. What does this passage mean for me? (2 minutes)
 - c. What does this passage promise? (2 minutes)
 - d. How can I apply this passage to my life today? (2 minutes)
 4. Pray. (5 minutes)
 5. Sit quietly and reflect. (5 minutes)
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Intentionally take time for your _____.

Intentionally focus on _____.

Intentionally take time for _____.

Intentionally focus on your _____.

Diet

Sleep

Exercise

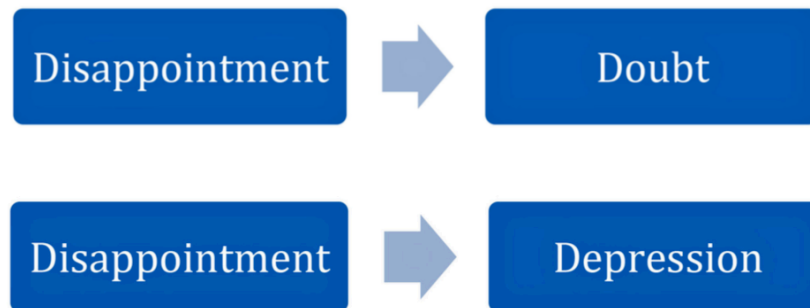
What works for you?

- | | |
|------------------|--------------------------|
| ___ Run outside | ___ Run on the treadmill |
| ___ Bike | ___ Golf |
| ___ Hunt | ___ Fish |
| ___ Tennis | ___ Garden |
| ___ Play a sport | ___ Shoot pool |
| ___ Swim | ___ Bowl |

Focus on your _____.

What percentage of this was my fault?
What can I learn from this situation?
When do I implement the Saul principle?

Why are pastors susceptible to depression?



Focus on your prayers, the Word, and your thinking.

Focus on Your Call and Mission.

Mourn and move on.

Expect _____.

Expect _____.

Be on the lookout for _____.

_____ **and** _____ **with sin.**

When criticized, ask yourself . . .

Is it warranted?

Is it legitimate?

Is it loyal?

Is it vindictive?

Does an action need to be taken?

Who can you talk to?

- | | |
|--|---|
| <input type="checkbox"/> Friends | <input type="checkbox"/> Your wife |
| <input type="checkbox"/> Other pastors | <input type="checkbox"/> Deacons/Elders |
| <input type="checkbox"/> Extended family | <input type="checkbox"/> Counselor |
| <input type="checkbox"/> Denominational official | <input type="checkbox"/> Other |



Intentionally stay on _____.

Focus on your _____.



Intentionally use your _____.

For more information, email us at questions@nafwb.org or scan the QR code.

