



NOB EMPOWERMENT VISITS

2026



FUELLING THE FIRE

For lack of wood the fire goes out.
Proverbs 26:20a (ESV)

Mental Health Matters

Caring for the Shepherd While Shepherding Others

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A **stigma** surrounding mental health.

Often seen as a sign of weakness. Just like the shepherd who watches over the flock, we must also keep watch over ourselves - **Acts 20:28**.

Breathe, heal, and receive care.

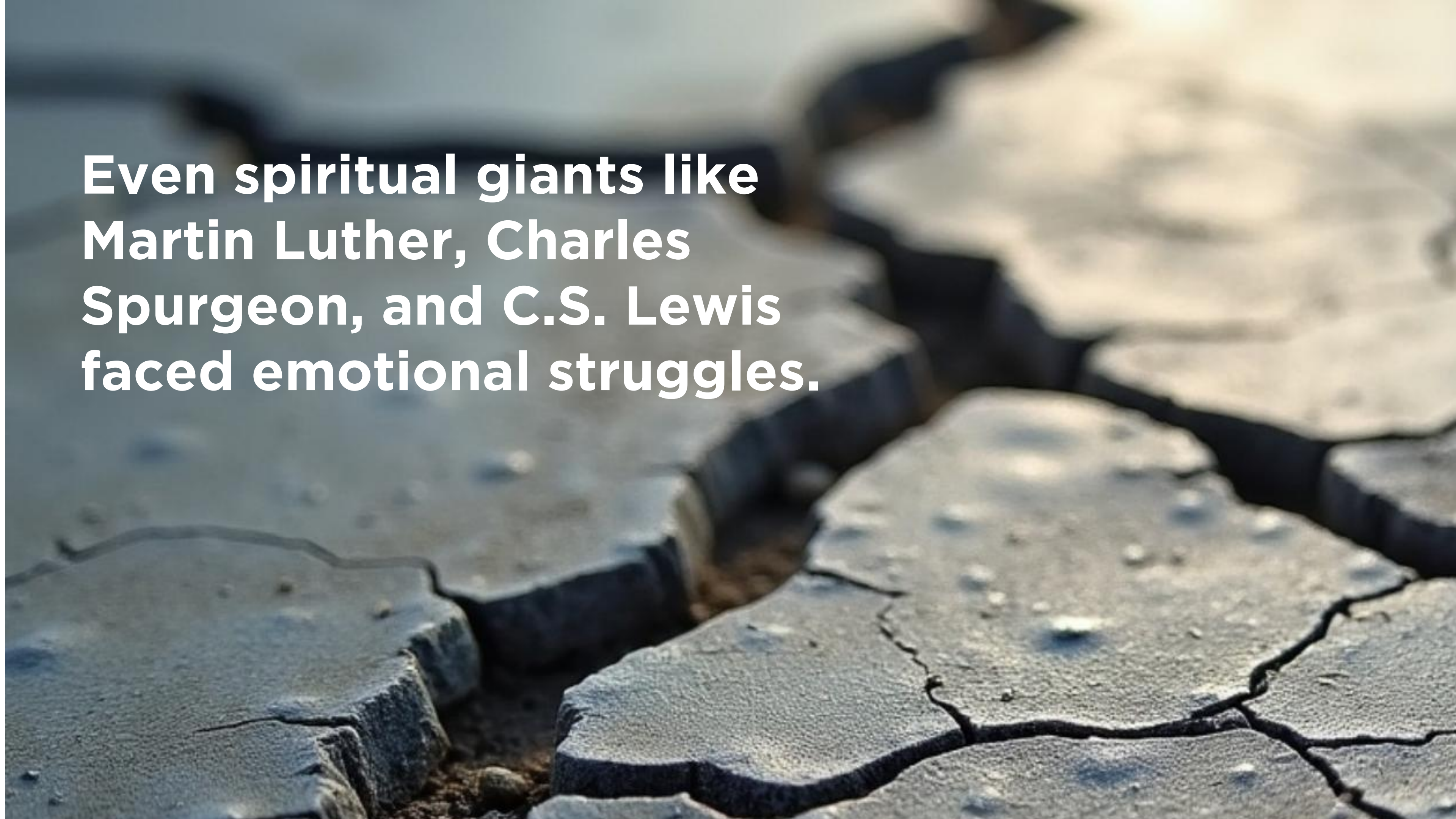




We carry **emotional, spiritual**, and sometimes **physical** burdens that aren't always visible.

Leadership pressure, spiritual weight, and personal challenges can take a toll on our mental wellness.

Elijah, who fled in despair; **David**, who penned the poignant Psalm 23; **Job**, who faced unimaginable loss; and **Jeremiah**, who wrestled with deep sorrow.

A close-up, low-angle shot of a cracked asphalt road. The cracks are deep and irregular, creating a network of dark lines across the light-colored pavement. The lighting is warm, suggesting late afternoon or early morning, with soft shadows and highlights on the rough surface of the asphalt. The background is blurred, showing more of the cracked road stretching into the distance.

**Even spiritual giants like
Martin Luther, Charles
Spurgeon, and C.S. Lewis
faced emotional struggles.**



COMMON MENTAL HEALTH CHALLENGES

- **Burnout** - Emotional exhaustion and loss of motivation.
- **Depression** - Feelings of sadness and hopelessness.
- **Anxiety** - Constant worry and fear of failure.
- **Isolation** - Feeling lonely even in a crowd.
- **Compassion Fatigue** - Being overwhelmed by constant caregiving.



BREAKING THE STIGMA



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Struggling with mental health does not mean you lack faith.

The Bible encourages us to seek spiritual and emotional health – look at **3 John 1:2** BLB:

“Beloved, I pray you to prosper concerning all things and to be in good health, just as your soul prospers.”

Pastors are human too. Seeking support is not a sign of weakness; it’s a step toward strength.

A close-up, slightly low-angle shot of a man with dark hair, a beard, and black-rimmed glasses. He is smiling broadly, showing his teeth, and looking down at an acoustic guitar he is playing. He is wearing a dark blue and black plaid shirt. The guitar has a light-colored body and a dark fretboard. The background is a plain, light-colored wall. The lighting is soft and warm, highlighting the man's face and the guitar.

**Practical ways
pastors can care
for their mental
health**



BREAKING THE STIGMA

Stay Connected - Build relationships with trusted peers, mentors, or counsellors. Seek support and accountability.

Rest and Rhythm - Protect your 'Sabbath' and take guilt-free time off.

Know Your Limit - Learn to say 'no' and delegate. Trust your team and empower others.



BREAKING THE STIGMA

Seek Professional Help When Needed —

Therapists and counsellors are gifts from God. There's no shame in receiving help.

Spiritual Wellness - Your personal devotion time should not be linked to sermon preparation. Meditate, journal, listen to worship, and rest in God's presence."



Remember, you cannot pour from an **empty cup**. Taking care of yourself is also a ministry.



Model healthy rhythms for your congregation,

As Matthew 11:28 reminds us, 'Come to me, all who are weary and burdened, and I will give you rest.' **Let's embrace this promise.**



Be proactive in caring for your mental health - for your sake, your family's sake, and the sake of those you lead.

Let's create a culture of care and compassion in our ministries.



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