



NOB
EMPOWERMENT
VISITS
2026



FUELING
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.

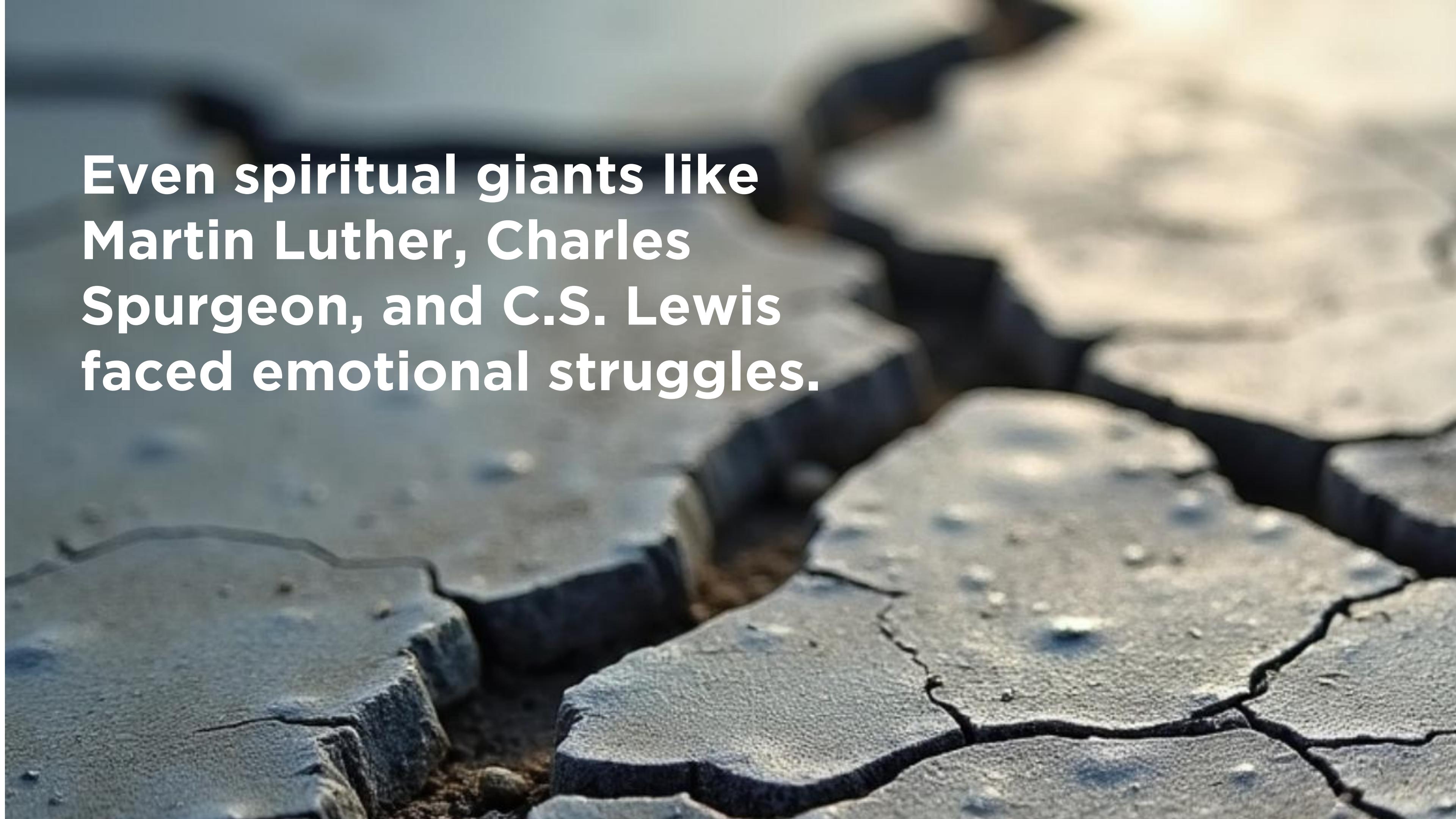




We carry **emotional, spiritual**, and sometimes **physical** burdens that aren't always visible.

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.



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.



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.

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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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