

PESTER
THE PASTOR

THE WEARIED PASTOR

You can love the church
and still be tired.

You can have faith
and still need rest.



PESTER THE PASTOR RESOURCE

1. ADMIT YOU'RE TIRED

Pretending you're fine doesn't help anyone. God isn't asking you to perform—He's inviting you to be real. Exhaustion is not a character flaw. It's often a sign you've been faithful for a long time.

WHAT'S DRAINING YOU?

Take time to write down what's weighing on you right now.



You don't have to pretend with God. He already knows.

2. YOU ARE MORE THAN YOUR MINISTRY

Your worth is not measured by attendance, results, or how much you get done. You are a child of God first, a pastor second. Your identity is found in Christ, not in your title.

“

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

— 1 Corinthians 10:31

”

You are not what you do.
You are whose you are.

3. EXHAUSTION ISN'T UNFAITHFULNESS

You can be completely worn out and still be walking in God's will.

Even Jesus got tired.

Rest is not the opposite of faithfulness—it's part of it.

“

“Jesus often withdrew to lonely places and prayed.”

— Luke 5:16

”

Tired doesn't mean you've failed. It means you're human.

4. YOU CAN'T CARRY EVERYONE

You were never meant to fix everyone.
You preach the Word, love the people,
and trust God with the results.
Release what was never yours to carry.
Let God be God.

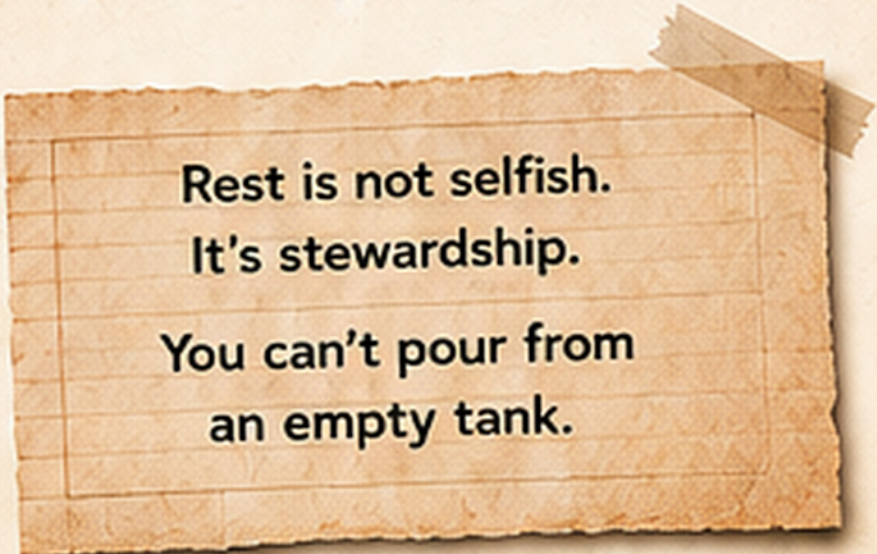
- ✓ You can care deeply
without carrying it all.
- ✓ You can weep with people
without absorbing their pain.
- ✓ You can pray hard and
still let God handle the rest.



Let go of what God
never asked you to hold.

5. GIVE YOURSELF PERMISSION TO REST

Rest is not a reward for finishing everything.
It's a rhythm for lasting in ministry.
Jesus didn't just work—He rested.
You need regular rest, not just
a vacation once a year.



**Rest is not selfish.
It's stewardship.
You can't pour from
an empty tank.**

6. WHEN MINISTRY GETS LONELY

People see you on Sundays,
but they don't see the silent nights,
the heavy decisions, or the constant
emotional load.

Loneliness is real. Talk about it.
Don't isolate.



Find a few safe people who
can handle the real you.

7. BOUNDARIES PROTECT THE CALLING

Saying yes to everything will eventually lead to saying no to your family, your health, or your calling. Healthy boundaries are not walls—they are wisdom.

- ✓ Protect your time.
- ✓ Protect your home.
- ✓ Protect your heart.



Boundaries aren't about keeping people out. They're about guarding what matters most.

8. REMEMBER WHO CALLED YOU

When you're tired, go back to the beginning.
Remember the moment, the peace,
the conviction, the "yes."
He who called you is faithful,
and He is not finished with you yet.

“

‘I am convinced that He who
began a good work in you will
carry it on to completion.’

— Philippians 1:6

”

9. WHEN YOU FEEL LIKE QUITTING

Discouragement will come.

There will be days you want out.

Before you make a permanent decision
in a temporary storm, talk to someone
you trust and pray.

The feeling will pass.

God's calling is steady.



Don't make a forever decision
based on a hard season.

QUESTIONS FOR THE WEARY PASTOR

Take time to reflect and pray through these questions.

- **What is draining me the most right now?**
- **What do I need to release?**
- **What do I need to rest from?**
- **What do I need to refocus on?**
- **Who can I be real with this week?**
- **How can I invite God to renew me?**

11. YOU DON'T HAVE TO CARRY THIS ALONE

God never designed you to do ministry solo.

Lean on God. Lean on godly friends. Lean on your church.
It's okay to ask for help. Strong pastors have support.



Let people love you.

Let people help you.

You were never meant to carry ministry alone.

12. SCRIPTURE FOR THE ROAD

God's Word for the weary pastor.

Matthew 11:28

"Come to Me, all you who are weary and burdened, and I will give you rest."

1 Peter 5:7

"Cast all your anxiety on Him because He cares for you."

Psalms 23:1

"The Lord is my shepherd; I lack nothing."

You don't have to walk this road alone.

Reach out when you need a safe place to talk.

We're here.

PESTER THE PASTOR

faith-based counsel

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