

“...EMPOWERING PASTORS & LEADERS OF CHURCHES WITH MOSTLY NEW AMERICANS, WHO ARE REACHING THE WORLD!”

NEW ROOTS MINISTRY

GOD AND JESUS RESTED.

Pastor, are you getting **enough rest**? Are you getting **enough time** for serving as a pastor? A fellow pastor—originally from Ethiopia—and I were discussing this. We agreed that getting rest and having some freedom in one’s schedule, are very important. We understand that it may be easy for us to feel this way as we are employed as pastors; I am paid full-time by New Roots Ministry & Smithfield Foods, and our Ethiopian-American brother gets paid part-time by his congregation. This gives us more time for rest and for the church.

Why is it so important to receive enough rest? Studies show that pastors are near the top of the list for burn-out. “Burn-out” literally means to die out in what you are doing. While most of us do not die or quit when we feel burn-out, it can cause us 1) to be depressed and to lack energy as pastors, 2) to be



less creative as pastors, 3) to be more irritable (grumpy) as husbands and fathers, and 4) to be less healthy, physically,

mentally, and spiritually.

I was recently speaking to a young man at Smithfield. He is not a pastor, but some of you pastors can relate to his schedule. He works 2nd shift and his wife works 1st shift. He gets home at 2:30AM, and goes to sleep by 3:15AM. He can sleep until 6AM when his oldest child needs to get ready for school. His 3 year-old and 1 year-old children soon wake up and need him, too. During the day, he tries to sleep some if the children take naps. His wife comes home at 4:30PM, but he doesn’t see her as he leaves for work at 3PM. That can be cause for burn-out. If a pastor has a similar life to that, on top of the family and household responsibilities, he

Our newest ministry is Driver Training for new American adults. If somebody needs this, please inform them.

We offer “Strategic Planning for Achieving Goals.” If young adults in your church need this, let them know.

We continually offer Timothy Leadership Training. If you or others in your church may be interested in this good program, let me know.

must write sermons, plan worship, and visit people—even more cause for burn-out.

Why is it important to have enough time to dedicate to your church? Studies show that the influence of the Gospel is going down in the U.S., and in the world. For that reason, we pastors and → →

churches are needed to be as effective as ever. We are needed to preach and teach as well as possible, to help our churches evangelize to the lost, and to give the people of our churches—children, teenagers, young adults, adults—guidance.

How is it possible to get more rest, and to have more time to dedicate to our churches? Each situation is different, but here are some ideas: 1) Talk with your church's leaders about what I have written, so they understand the importance of your rest and your time for the church. If they are not already, maybe they can dedicate some money to allow you to get paid for some hours. Perhaps you will still need to work another job full-time, but maybe then your wife can go to part-time which may make your marriage and family relationships healthier, and she could do more of the family duties, so you have more time to dedicate to ministry. 2) Talk with your wife to see if your family can

live on less income. Thirty years ago, my wife and I decided that she would only work part-time. This brought much less income, but it allowed her to be available more when our daughters were home. Now our daughters are out-and-married, and she still works part-time because it is enough for us to live on, and we don't have the stressful schedule. We have never had high income, but with a tight-enough budget, we have been blessed financially. Our Ethiopian-American brother has had similar conversations with his wife. 3) Many of you who are volunteering as pastors are doing an excellent job because you share your role as pastor with 2--4 other leaders, or you share the church responsibilities with your people based on their spiritual gifts. Through that arrangement, you and your church can still offer high-quality ministry. 4) Manage your calendar (schedule) to allow yourself time for outreach. I try to allow at least

1.5 hours/week for shopping in new American- &/or Muslim-owned stores, and talking to non-believers and people on the streets. Being with people other than my own reminds me of what I and the Church are about—to be “ambassadors of Christ, through whom God makes his appeal” (2 Corinthians 5:20). Also, this can give me good stories to share when I preach. If I don't prioritize that time, I find myself in my office too much, on my smart phone too much, and feeling “bloated” with Good News because I and my people are not sharing it.

Brothers, the world needs us! God is the one who makes the seed grow, but He calls us to sow and water the seeds **well** (1 Corinthians 3:6). God is the heart surgeon, but He needs us to be **healthy** nurses for Him.

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