

# Soul Care for the Under-Shepherd

Being Healthy Leaders in  
an Unhealthy World

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SESSION 1

# **8 Signs of Pastoral Unhealth**



When people have authentic spiritual experiences—such as worship, prayer, Bible studies, and fellowship—they mistakenly believe they are doing fine, even if their relational life is fractured and their interior world is disordered. Their apparent “progress” then provides a spiritual reason for not doing the hard work of maturing. – Scazzero, Peter. *Emotionally Healthy Spirituality*



Sign # 1:

Lack of Christ-Centered Joy



Sign # 2:

# Prevalence of Anxiety & Fear



Sign # 3:

# Frequent Doubt & Insecurity



Sign # 4:

# Increasing Anger & Defensiveness



Sign # 5:

# Lack of Emotional Self-Awareness





Sign # 6:

# Spiritual Activity Without Spiritual Depth



Sign # 7:

# Viewing Ministry as a Competition



Sign # 8:

# Misaligned Relationship Priorities

