

## Staff | Pastor Parish Relations Committee Training Series



### Discussion Questions for Video 2 - "Joys & Challenges"

1. Is it hard for you to believe that United Methodist clergy are less healthy than the general population (yes, age was considered in comparing the populations)?
2. "Health" is not only physical health. It includes social, emotional, spiritual, and financial factors as well. From the video, what are some of the factors affecting pastoral health which are not directly physical?
3. Which of the challenges to pastoral health seem the most important to you as you think about the life of your congregation and your pastor?
4. What has your congregation done to incorporate the family into the community and the congregation? Do you feel these approaches have respected the desires of the family members?
5. How do you see the relationship of your pastor to the congregation?  
Is the pastor called by God and appointed by the Bishop to minister with you?  
Or is the pastor your hired employee who should do what the church directs?  
How might these different attitudes affect the stress level for a pastor and the success of applying that person's gifts and graces for your local church?
6. How would your committee engage with your pastor in discussing the stressors and health of the pastor? (Respect for some privacy of the pastor is important, creating additional expectations should be viewed carefully, avoiding judgment versus support is critical).
7. What has been the role of your SPPR Committee in nurturing the health of your pastor?  
What should that role be in the future?

