

---

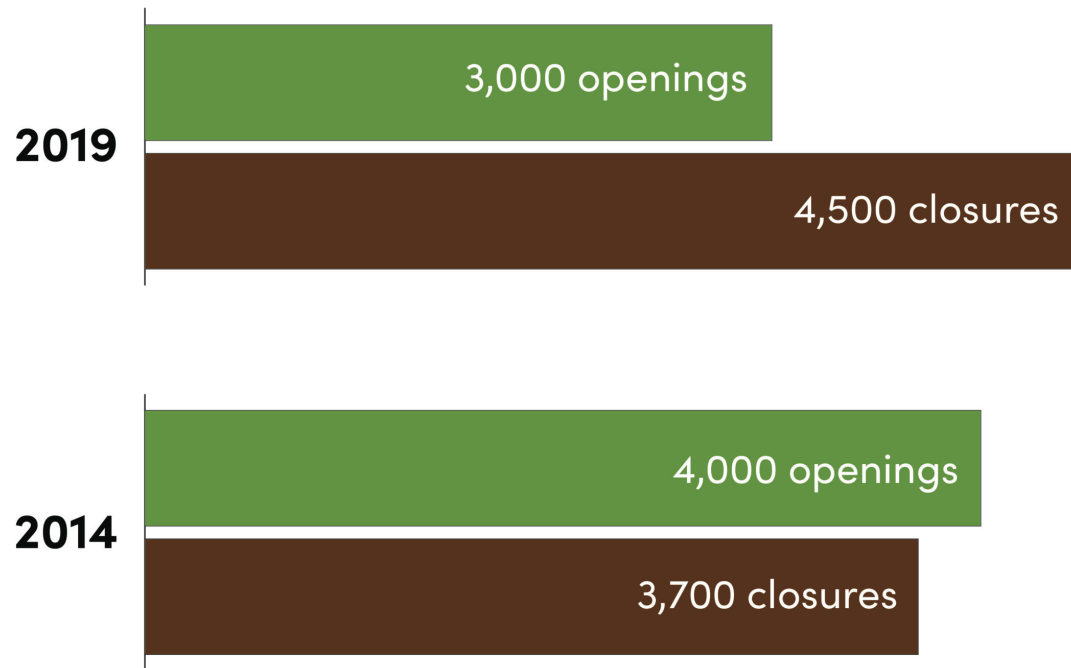
# **Soul Care and the Pastor's Heart**

---



## More Protestant churches closed than started in 2019

*Estimates based on information from 34 denominational and other groups representing 60% of U.S. Protestant churches*



A chilling fear stalks us; a disturbing dissonance confronts us. We too feel the daily challenges pressing in on us as well as the heavy burdens of others who confide in us the deepest secrets; the gnawing doubts, the agonizing disappointments, and the greatest longings of their souls. We are quick to seek the mending of others' wounds and at the same time often

slow to pay attention to our own wounds. We know what it is like in the lonely and dark valley of fear. Though we are often seen as bulwarks of faith, we too find ourselves in the blinding fog of doubt. While the currency of our lives is joy, we often battle the storm clouds of discouragement. Not many days go by when we are not confronted with the rugged terrain

of our own weaknesses. We can have sound doctrine and not be a sound person. We may be attentive to matters of the church and inattentive to the matters of our own soul. While giving deep theological answers we can be painfully shallow in our emotional and relational maturity. We may look impressive on the outside but may be withering away on the inside. *The Flourishing Pastor*, Tom Nelson



Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.

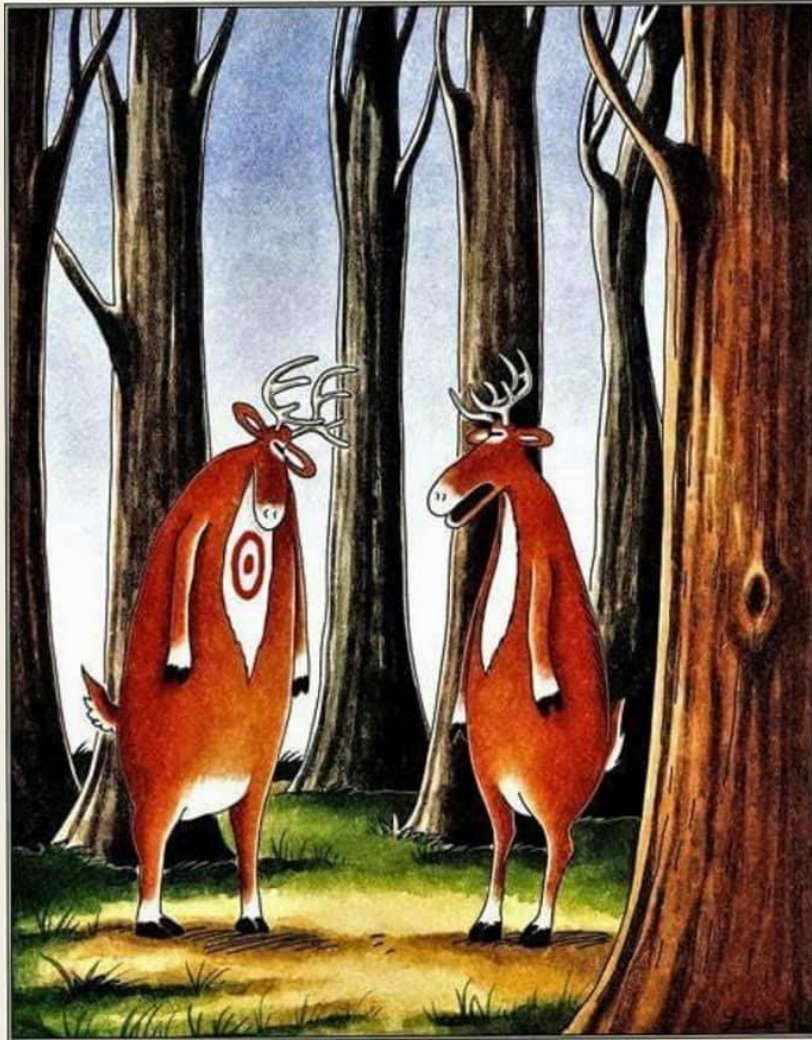
---

Parker Palmer, *Your Life Speaks*

*Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood.*

Acts 20.28





"Bummer of a birthmark, Hal."

---

For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself.

2 Corinthians 1.8

---



---

Put first things first and we get second things thrown in: put second things first and we lose both first and second things.

*C.S. Lewis*

---

19 27 And they were all <sup>t</sup>amazed, so that they questioned among themselves, saying, "What is this? <sup>u</sup>A new teaching with authority! He commands even the unclean spirits, and they obey him." 28 And at once his fame spread everywhere throughout all the surrounding region of Galilee.

### *Jesus Heals Many*

29 <sup>v</sup>And immediately he <sup>1 w</sup>left the synagogue and entered the house of Simon and Andrew, with James and John. 30 Now <sup>x</sup>Simon's mother-in-law lay ill with a fever, and immediately they told him about her. 31 And he came and <sup>y</sup>took her by the hand and lifted her up, and the fever left her, and she began to serve them.

32 That evening at sundown they brought to him all who were sick or <sup>z</sup>oppressed by demons. 33 And the whole city was gathered together at the door. 34 <sup>a</sup>And he healed many who were sick with various diseases, and cast out many demons. And <sup>b</sup>he would not permit the demons to speak, because they knew him.

### *Jesus Preaches in Galilee*

35 <sup>c</sup>And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and <sup>d</sup>there he prayed. 36 And Simon and those who were with him searched for him, 37 and they found him and said to him, <sup>e</sup>"Everyone is looking for you." 38 And he said to them, <sup>f</sup>"Let us go on to the next towns, that I may preach there also, for <sup>f</sup>that is why I came out." 39 <sup>g</sup>And <sup>h</sup>he went throughout all Galilee, preaching in their synagogues and casting out demons.

### *Jesus Cleanses a Leper*

40 <sup>i</sup>And a leper <sup>2</sup>came to him, imploring him, and <sup>j</sup>kneeling said to him, <sup>k</sup>"If you will, you can make me clean." 41 Moved with pity, he stretched out his hand and touched him, and immediately the leprosy left him, and he was

29 And immediately he left the synagogue and entered the house of Simon and Andrew, with James and John. 30 Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. 31 And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them.

32 That evening at sundown they brought to him all who were sick or oppressed by demons.

33 And the whole city was gathered together at the door. 34 And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him.

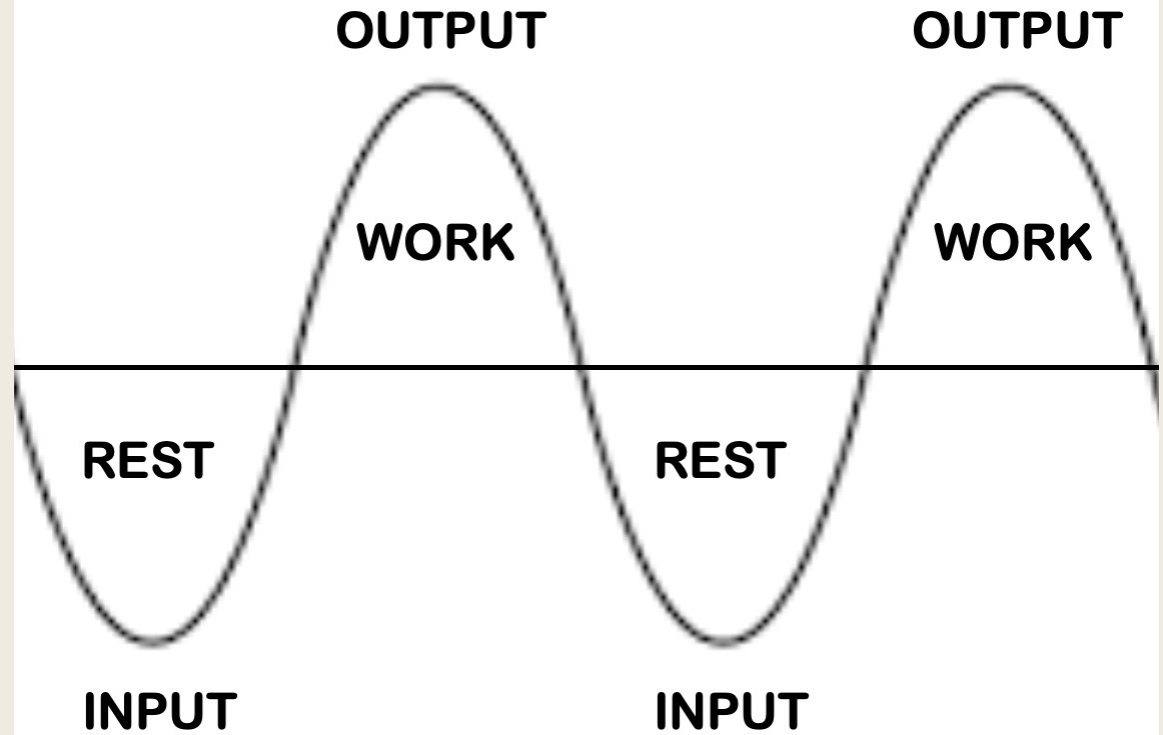
35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. 36 And Simon and those who were with him searched for him, 37 and they found him and said to him, "Everyone is looking for you." 38 And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out."



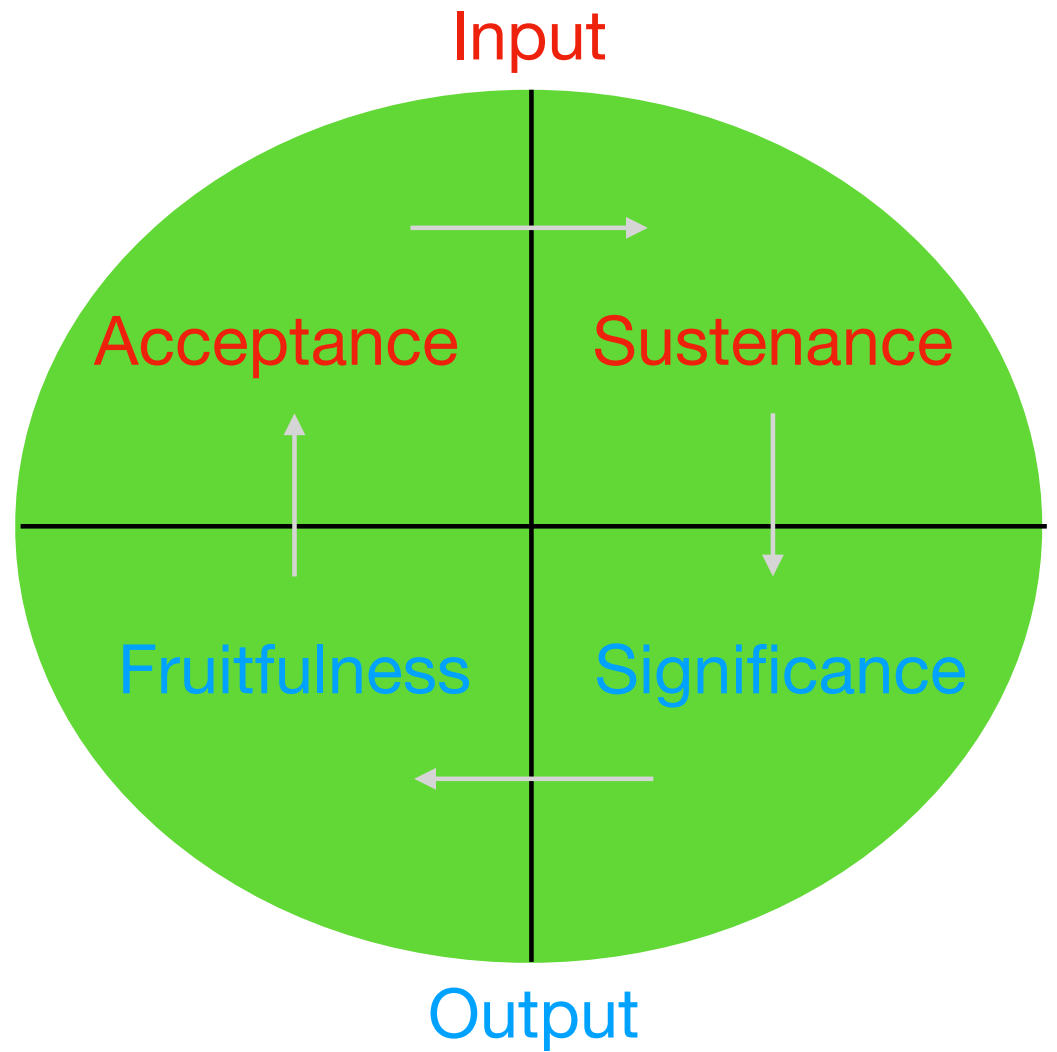
39 And he went throughout all Galilee,  
preaching in their synagogues and casting out  
demons.

Mark 1.29-39

# "The Wave"



# The Cycle of Grace



36 And Simon and those who were with him searched for him, 37 and they found him and said to him, "*Everyone is looking for you.*" 38 And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out."



---

## Q & A

[scott@citychurcheastside.org](mailto:scott@citychurcheastside.org)

---