

Faithful and Fractured

Responding to the Clergy Health Crisis

Rae Jean Proeschold-Bell and Jason Byassee

Clergy suffer from certain health issues at a rate higher than the general population. *Faithful and Fractured* addresses why pastors are in such poor health and what can be done to help them step into the abundant life God desires for them.

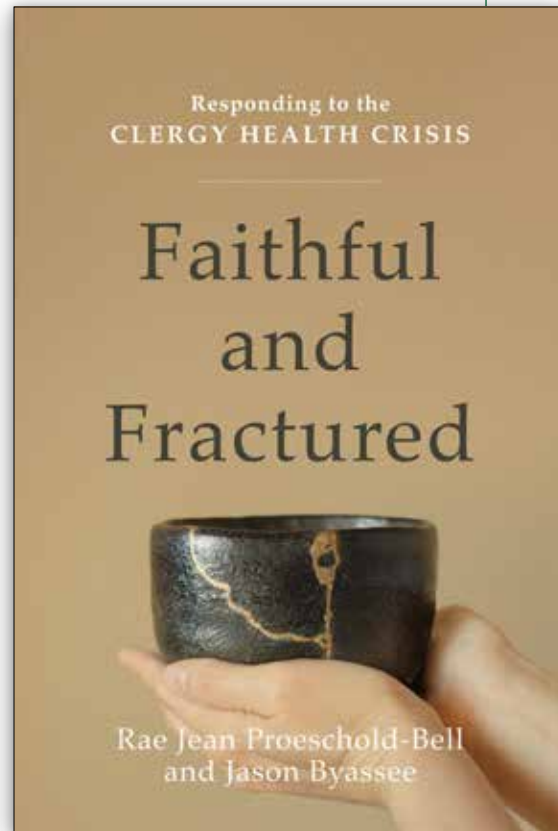
Although anecdotal observations about poor clergy health abound, this book makes concrete data from multiple sources supporting this claim accessible for the first time. Duke's Clergy Health Initiative (CHI), a major, decade-long research project, provides a true picture of the clergy health crisis over time and demonstrates that improving the health of pastors is possible. Combining the expertise of a health psychology researcher and a leading pastoral theologian, *Faithful and Fractured* brings together the best in social science and medical research, quantifying the poor health of clergy with theological engagement. Although the study focused on United Methodist ministers, the authors interpret CHI's groundbreaking data for a broad ecumenical readership. In addition to physical health, the book examines mental health and spiritual well-being, and suggests that increasing positive mental health may prevent future physical and mental health problems for clergy. Concrete suggestions tailored to clergy are woven throughout the book.

FROM THE BOOK

There is a true crisis in clergy health. We believe it stems from a combination of the expectations people have of pastors, pastors' expectations of themselves, and other stressors pastors face today. We'll consider what it means to be called to holy work and how this deep sense of sacred work makes pastors more likely to sacrifice (even if unconsciously) their well-being. We'll also consider external expectations, for the combination of these sets the stage—for some clergy at least—for depression, anxiety, and stress.

Even when good is intended, ministry is ripe for misunderstandings and differences, leading to potential conflict and stress. Instead of expecting pastors to navigate these stresses on their own, we aim to explore integrated physical-mental-spiritual programs for pastors, keeping in mind the hope of their flourishing.

This book should inform individual clergy striving to be strong ministers across the years, lay leaders aspiring to improve the environment of their churches, clergy supervisors interested in fostering a cadre of strong clergy, and program developers seeking to promote physical and mental health of clergy, which will truly benefit us all.



Rae Jean Proeschold-Bell (PhD, Arizona State University) is associate research professor of global health at the Duke Global Health Institute and the Duke Center for Health Inequalities and Research. Her research focuses on the joint treatment of mental and physical health. She is coprincipal investigator of the Duke Clergy Health Initiative, which seeks to understand and improve the health of United Methodist clergy in North Carolina and designs interventions for clergy, including a two-year holistic health program called Spirited Life.

Jason Byassee (PhD, Duke University) is the inaugural Butler Chair in Homiletics and Biblical Hermeneutics at Vancouver School of Theology. He previously served as senior pastor of Boone United Methodist Church in the Western North Carolina Conference and taught at Duke Divinity School. He is a contributing editor to the *Christian Century* and has authored numerous books.

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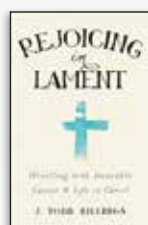
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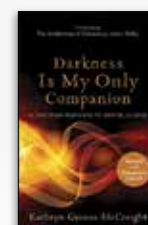
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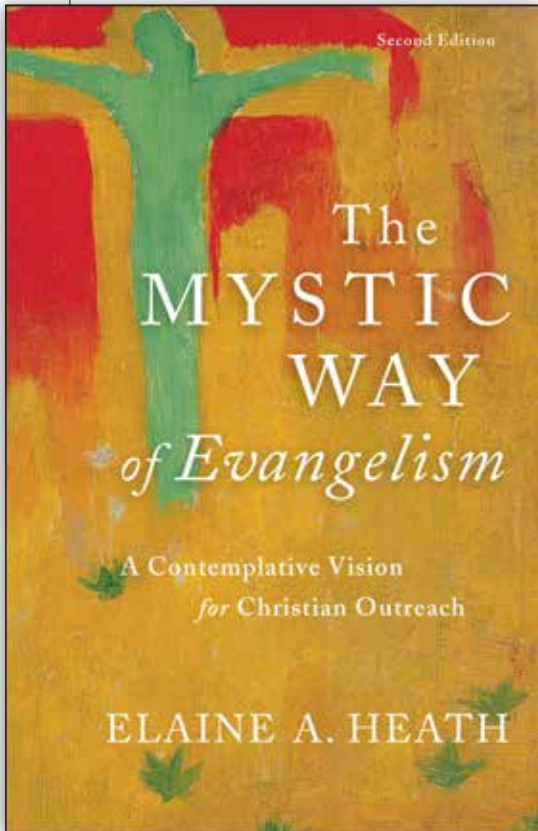
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Elaine A. Heath (PhD, Duquesne University) is the dean of Duke Divinity School. She previously taught at Perkins School of Theology, Southern Methodist University, where she directed the Center for Missional Wisdom. An ordained elder in the United Methodist Church, she is a frequent retreat speaker and has experience as a pastor and spiritual director. She is the author of a number of books, including *We Were the Least of These*.

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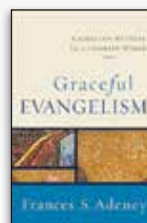
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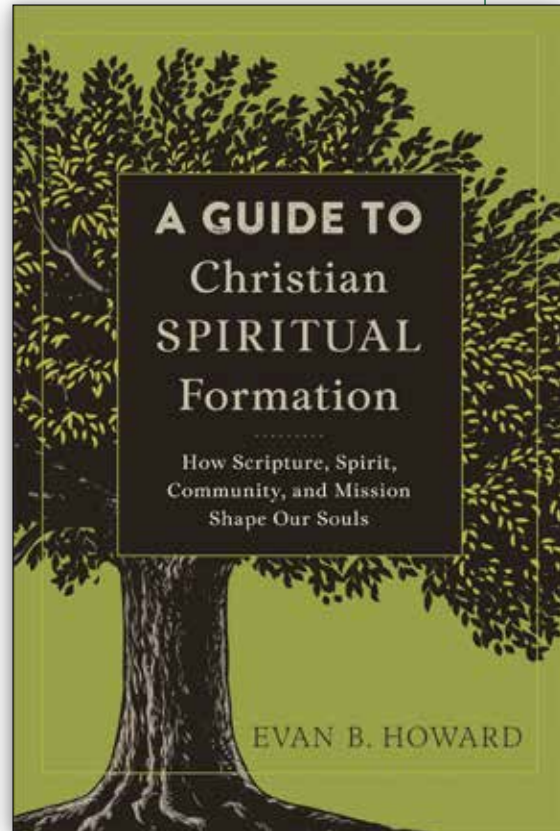
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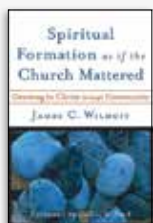
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Evan B. Howard (PhD, Graduate Theological Union) is the founder and director of Spirituality Shoppe: An Evangelical Center for the Study of Christian Spirituality and affiliate associate professor of Christian spirituality at Fuller Theological Seminary. He leads workshops and seminars on Christian spirituality worldwide and is the author of several books, including *Praying the Scriptures: A Field Guide for Your Spiritual Journey*.

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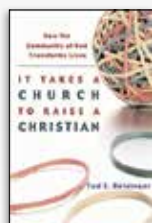
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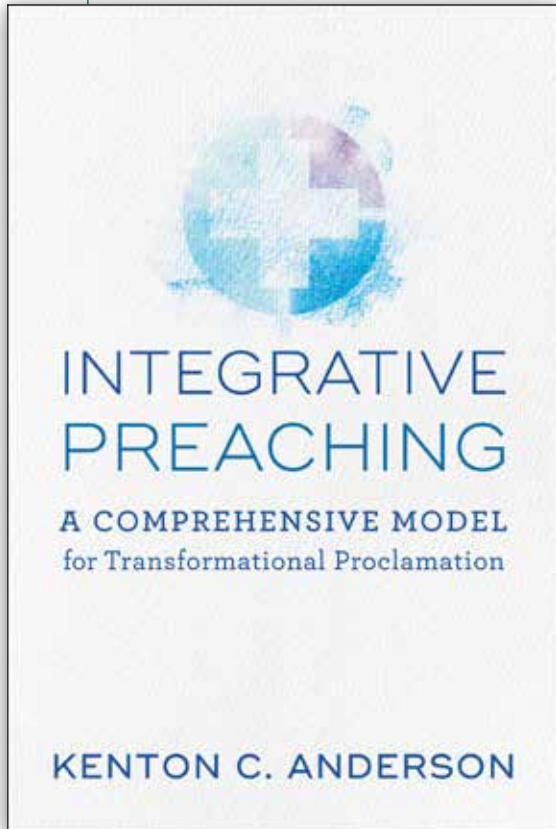
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Kenton C. Anderson (PhD, Southwestern Baptist Theological Seminary) is president and professor of homiletics at Northwest Baptist Seminary. He is also associate professor of homiletics at ACTS Seminaries of Trinity Western University. A past president of the Evangelical Homiletics Society, he owns and operates www.preaching.org and is a frequent speaker at churches, seminars, and retreats. Anderson is the author of several books, including *Choosing to Preach: A Comprehensive Introduction to Sermon Options and Structures*, *Preaching with Conviction*, and *Preaching with Integrity*.

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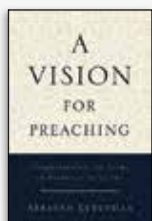
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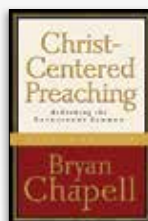
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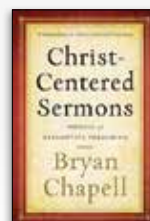
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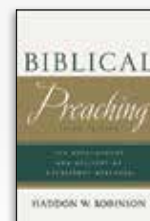
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Understanding the People Who Hear Our Sermons
Matthew D. Kim

This book provides a step-by-step template for cross-cultural hermeneutics and homiletics, equipping preachers to reach their varied listeners in the church and beyond. Each chapter includes questions for individual thought or group discussion. The book also includes helpful diagrams and images, a sample sermon, and appendixes for exegeting listeners and for exploring cultural differences.

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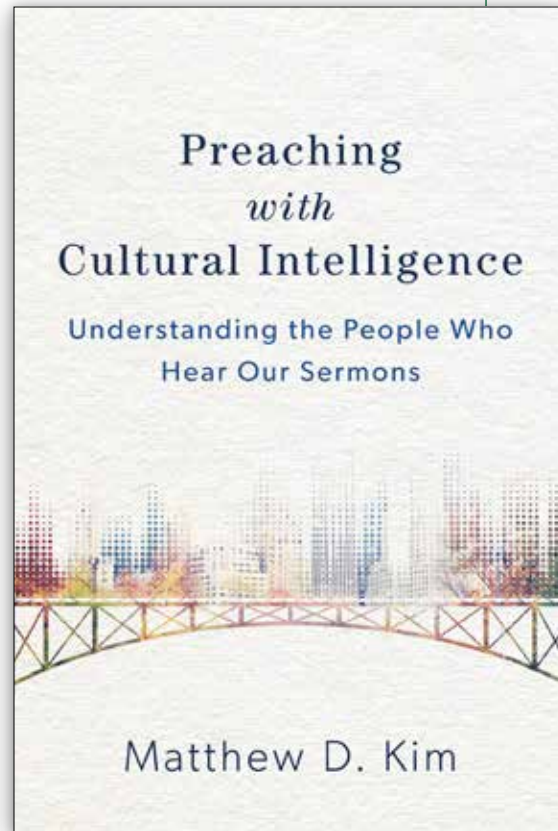
“Matthew Kim writes with the sensitivity of a pastor, the experience of a multicultural minority person, and the knowledge of an experienced homiletics professor—a wonderful combination for helping us think through what is needed to bring knowledge of hermeneutics, humans, and homiletics to bear on the task of preaching in a world of rapidly integrating cultures.”—**Bryan Chapell**, Grace Presbyterian Church; author of *Christ-Centered Preaching*

“In this brave, vulnerable book, professor and preacher Matthew Kim reminds us that homiletics also includes diverse humans, both preachers and listeners. This is an essential text for anyone who takes seriously the call to love our neighbors through preaching, regardless of denominations, ethnicities, genders, locations, and religions.”—**Luke A. Powery**, Duke University Chapel

“I couldn’t be more thrilled to commend this book to preachers everywhere. Kim takes the science behind our work in cultural intelligence and brings it to life to help preachers share the greatest news of all. Rooted in research and made practical with specific biblical texts and application points, this book should be read by any preacher wishing to communicate effectively with the twenty-first-century congregation.”—**David Livermore**, author and thought leader on cultural intelligence and global leadership

“Kim wisely and adeptly sensitizes preachers to the unexamined cultural and sociological assumptions that inevitably drive their preaching. This is a thoughtful, insightful book that offers more than mere homiletical technique—an important book for pastors.”—**Gerald Hiestand**, executive director, Center for Pastor Theologians; senior associate pastor, Calvary Memorial Church

“Preachers have been waiting for a smart book on cultural intelligence. Let’s face it, we’ve been behind the ball when it comes to really understanding the cultural diversity of our listeners. Kim brings us up to speed and gives us practical ways to use cultural intelligence.”—**Patricia Batten**, Gordon-Conwell Theological Seminary



Matthew D. Kim (PhD, University of Edinburgh) is associate professor of preaching and ministry at Gordon-Conwell Theological Seminary and is a past president of the Evangelical Homiletics Society. He has over fifteen years of preaching and teaching experience and is the author of several books, including *7 Lessons for New Pastors: Your First Year in Ministry*.

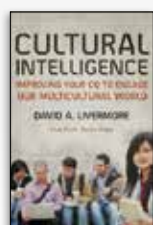


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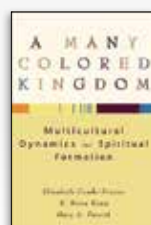
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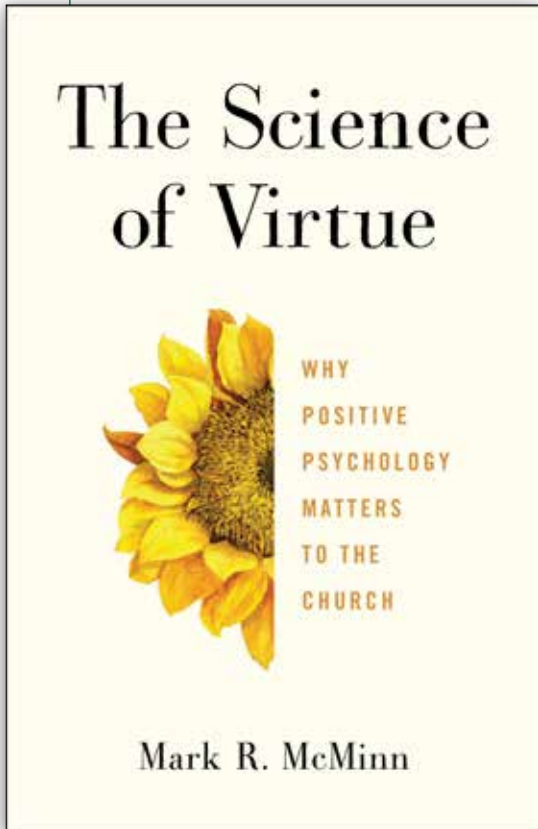
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Why Positive Psychology Matters to the Church

Mark R. McMinn

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“There are few authors and psychologists that I admire more than Mark McMinn. With *The Science of Virtue*, he has done it again. He invites the reader to a Christian perspective on positive psychology that ratifies Scripture by presenting the latest evidence-based science. Wise and compassionate, this book is simultaneously edifying and inspiring.”

—**Robert A. Emmons**, University of California, Davis; editor-in-chief, *The Journal of Positive Psychology*; author of *Gratitude Works!* and *Thanks! How the New Science of Gratitude Can Make You Happier*

“An exquisite book on how the psychology of virtue (that is, positive psychology) can bridge theology and science. McMinn addresses some of the most important topics in Christian psychology: wisdom, forgiveness, gratitude, humility, hope, and grace. This book can profoundly affect psychologists, pastors, and theologians, but its value to the person in the pew is its real strength. Judging by its quality, this will be one of my top books—secular or Christian—for the year.”—**Everett L. Worthington Jr.**, author of *Forgiving and Reconciling: Bridges to Wholeness and Hope*

“McMinn is the rare scholar who can masterfully integrate scientific psychology, Christian theology, and counseling practice. In *The Science of Virtue*, he places the best of contemporary positive psychology research in fruitful dialogue with ancient Christian wisdom. This book not only contributed to my understanding of key Christian virtues but also gave me clear strategies for practicing the virtues.”—**Steven J. Sandage**, Boston University

“Thoughtful, balanced, and sensitively written, *The Science of Virtue* offers a compelling examination of ways in which positive psychology and the church can inform and learn from each other.”—**Julie Exline**, Case Western Reserve University

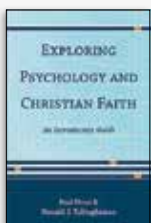
“A wonderfully written and excellent book on positive psychology and the church. It presents the latest research findings from positive psychology as well as biblical perspectives on these virtues in a very helpful way. McMinn also shares graciously, humbly, and vulnerably from his own life experiences. Highly recommended!”—**Siang-Yang Tan**, Fuller Theological Seminary; author of *Counseling and Psychotherapy: A Christian Perspective*



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Mark R. McMinn (PhD, Vanderbilt University), a licensed psychologist, is professor of psychology and director of integration in the graduate department of clinical psychology at George Fox University. He previously helped found the PsyD program at Wheaton College, where he later assumed an endowed chair position. McMinn is the author or editor of numerous books, including *Psychology, Theology, and Spirituality in Christian Counseling*; *Sin and Grace in Christian Counseling*; *Care for the Soul: Exploring the Intersection of Theology and Psychology*; and *Integrative Psychotherapy: Toward a Comprehensive Christian Approach* (coauthored with Clark D. Campbell).

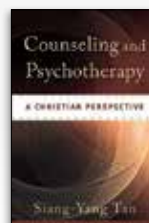
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The Surprising Power of Rest in a Nonstop World

A. J. Swoboda

Foreword by Matthew Sleeth

We live in a 24/7 culture of endless productivity, workaholism, distraction, burnout, and anxiety—a way of life to which we’ve sadly grown accustomed. This tired system of “life” ultimately destroys our souls, our bodies, our relationships, our society, and the rest of God’s creation. The whole world grows exhausted because humanity has forgotten to enter into God’s rest.

This book pioneers a creative path to an alternative way of existing. Combining relevant academic research, creative storytelling, pastoral sensitivity, and practical insight, *Subversive Sabbath* offers a unique invitation to personal Sabbath-keeping that leads to fuller and more joyful lives. A. J. Swoboda demonstrates that Sabbath is both a spiritual discipline and a form of social justice, connects Sabbath-keeping to local communities, and explains how God may actually do more when we do less. He shows that the biblical practice of Sabbath-keeping is God’s plan for the restoration and healing of all creation.

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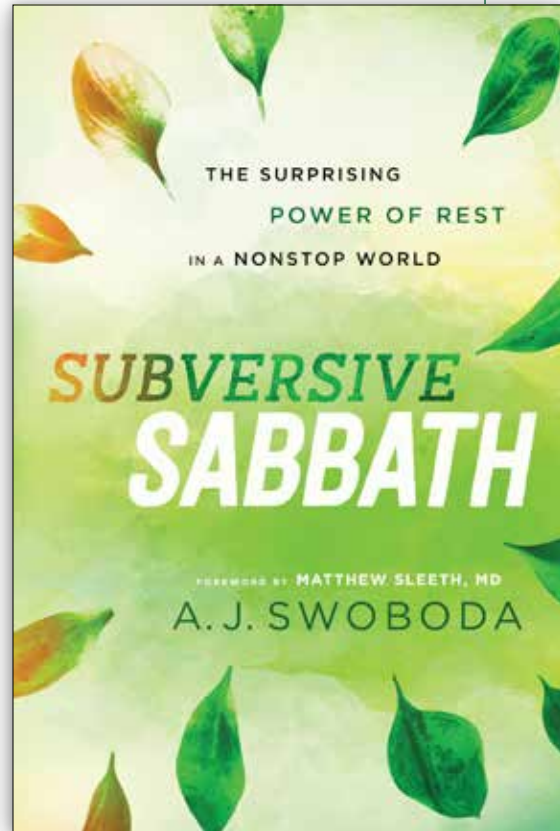
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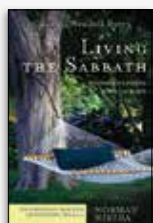


A. J. Swoboda (PhD, University of Birmingham) pastors Theophilus Church in urban Portland, Oregon. He teaches biblical studies, theology, and church history at Portland Seminary and Fuller Theological Seminary, among others. He is also executive director of the Seminary Stewardship Alliance, a consortium of Christian higher education institutions dedicated to reconnecting Christians with the biblical call to care for God’s creation. Swoboda is an award-winning author or editor of nine books and speaks regularly at conferences, retreats, churches, and seminars.



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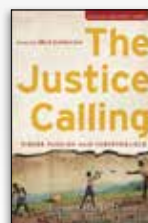
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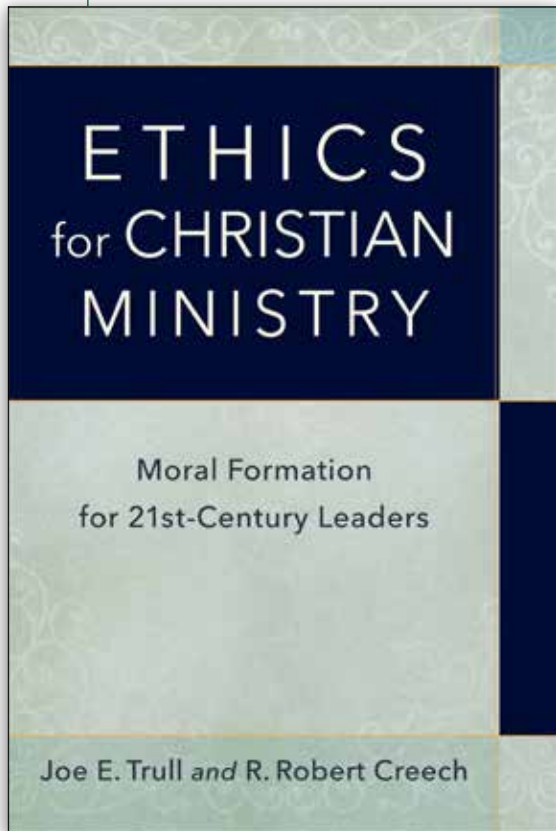
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This one-of-a-kind resource in professional ethics helps Christian leaders maintain a high moral character and lifestyle and sharpen their personal and professional decision-making skills amid the rapidly changing landscape of the contemporary church.

Joe Trull and Robert Creech bring together their experience as teachers and pastors to address both current and perennial ethical issues and offer guidance for developing a personal code of ethics to maintain integrity in the work of ministry. The authors address the nature of ethical decision making as well as practical areas where integrity can be compromised, including issues raised by the use of smartphones and social media.

Ethics for Christian Ministry will be useful for professors and students in practical ministry, pastoral care, and ministerial ethics classes as well as pastors involved in local church ministry.

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“Two experienced, inspired pastoral theologians have given us a thorough, judicious book that is sure to become the standard text on pastoral ethics. Trull and Creech not only show a deep understanding of the particular challenges faced by those called to be clergy but also offer sound, practical guidance that helps pastors make better decisions as we engage in ministry. Here’s a book that enables contemporary clergy to hold to the highest standards of our high and noble calling. What a wonderful contribution to the field of pastoral theology and ethics.”

—Will Willimon, Duke Divinity School; United Methodist Bishop, retired

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Appendix A: A Procedure for Responding to Charges of Clergy Sexual Abuse

Appendix B: Early Denominational Codes of Ethics

Appendix C: Contemporary Denominational Codes of Ethics

Appendix D: Sample Codes of Ethics

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Joe E. Trull (ThD, Southwestern Baptist Theological Seminary), now retired, previously served as professor of Christian ethics at New Orleans Baptist Theological Seminary. He served as a pastor for over twenty years, is the former editor of *Christian Ethics Today*, and authored several books.

R. Robert Creech (PhD, Baylor University) is Hubert H. and Gladys S. Raborn Professor of Pastoral Leadership and director of pastoral ministries at George W. Truett Theological Seminary, Baylor University. He formerly taught at Houston Baptist University and served as senior pastor of University Baptist Church in Houston. He is the co-author of *The Leader’s Journey: Accepting the Call to Personal and Congregational Transformation*.

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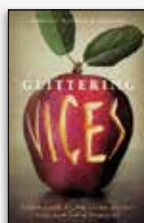
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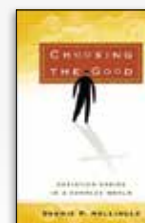
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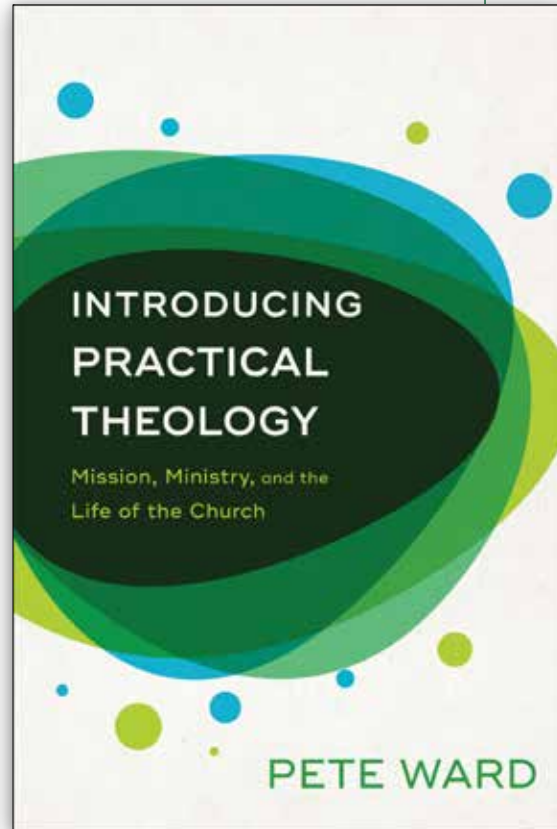
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Pete Ward (PhD, King’s College, London) is a professorial fellow in ecclesiology and ethnography at St. John’s College, Durham University. He also teaches at MF The Norwegian School of Theology, Oslo. He is the author, coauthor, or editor of numerous books, including *Perspectives on Ecclesiology and Ethnography*, and has written in the areas of youth ministry, contemporary worship, theology and popular culture, and ecclesiology.



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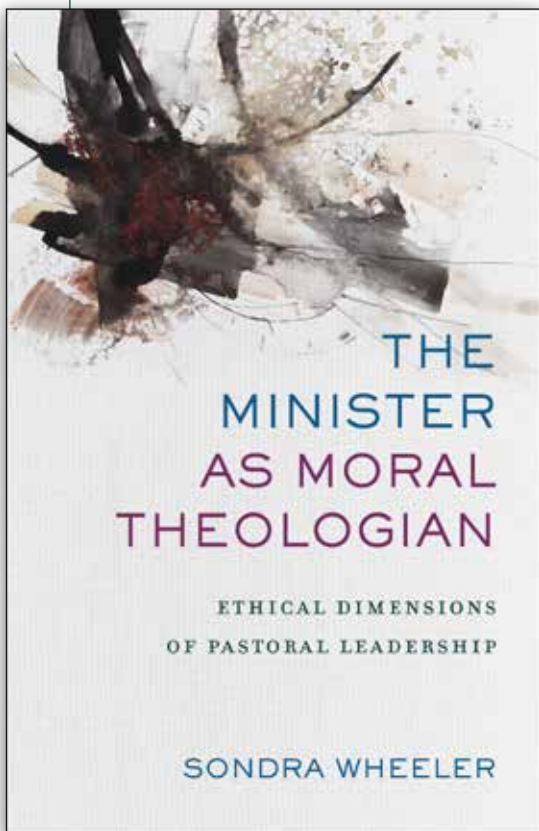
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Sondra Wheeler (PhD, Yale University) is Martha Ashby Carr Professor of Christian Ethics at Wesley Theological Seminary in Washington, DC. She has decades of experience preparing ministers and teaching advanced courses in the practice of ministry. Wheeler is the author of several books, including *Sustaining Ministry*, *Wealth as Peril and Obligation: The New Testament on Possessions*, *Stewards of Life: Bioethics and Pastoral Care*, and *What We Were Made For: Christian Reflections on Love*.

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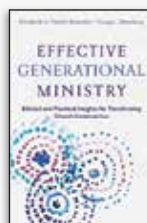
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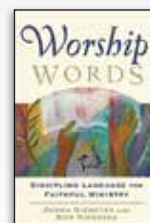
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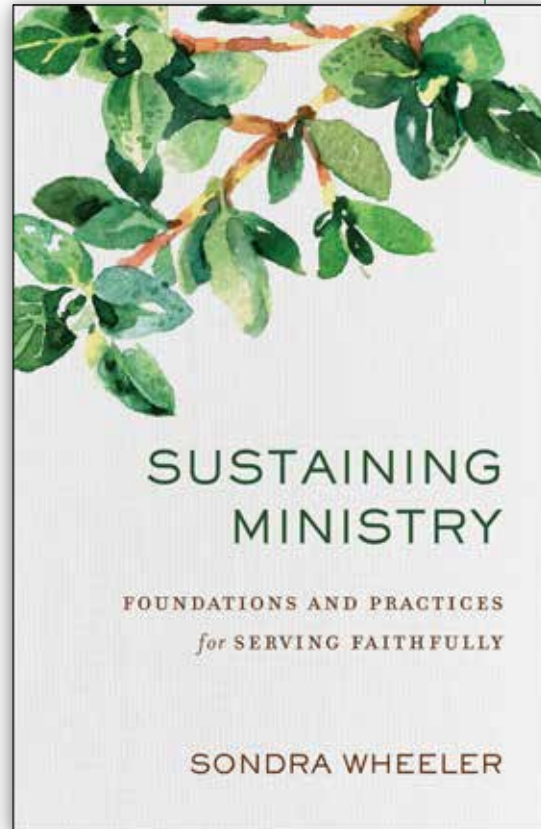
This book offers an account of the moral foundations of pastoral ethics and the underlying dynamics that make the practice of ministry so challenging. Why are Christian leaders whose intentions are good nevertheless at risk? Sondra Wheeler explores the interpersonal dynamics that make ministry powerful and morally dangerous, even for those with the best of intentions. She examines the personal disciplines and spiritual practices that equip ministers to abide by ethical standards when they come under pressure. She also offers practical strategies for navigating challenges, emphasizing the essential practices of prayer and spiritual accountability to sustain safe ministry, and stresses personal vulnerability and “unselfish self-care.”

ENDORSEMENTS

“Sondra Wheeler combines ethical, biblical, and theological expertise with thorough analytical skills to address dilemmas of clergy life. Drawing on the serving heritage of professions, she shows how clergy face special issues, particularly around power. She performs a careful diagnosis of perils and temptations clergy encounter while offering positive practices to sustain an ethical ministry.”—**Lovett H. Weems Jr.**, Wesley Theological Seminary

“Wheeler draws on her deep familiarity with what makes ministry distinct as a profession and a way of life. She writes beautifully and accessibly; often I felt I was as much listening to her wise counsel as reading it. She skillfully weaves insights from clergy self-care with pastoral ethics, and while she is unflinchingly realistic about the moral dangers of ministry, she is also sympathetic toward those who try to navigate them. This book will be especially useful in seminary contexts and for those just entering the ministry profession.”—**Barbara J. Blodgett**, author of *Lives Entrusted: An Ethic of Trust for Ministry*

“Many contemporary analyses of clergy ethics take a backward-looking view of the power dynamics inherent in pastors’ relationships with their flock. These analyses then offer a rules-based model for the prevention of clergy ethics violations. In *Sustaining Ministry*, Wheeler points beyond a rules-based model to the necessity of practicing the deeply rooted Christian spiritual disciplines that form emotional and moral health. These practices, Wheeler argues, are the tools that will most fruitfully shield churches and their clergy from ethics abuse and will build abundant communities of faith. *Sustaining Ministry*, along with Wheeler’s earlier *The Minister as Moral Theologian*, is a must-read for everyone in ministry, from bishops to lay pastors.”—**Kathryn Greene-McCreight**, author of *Darkness Is My Only Companion: A Christian Response to Mental Illness*



Sondra Wheeler (PhD, Yale University) is Martha Ashby Carr Professor of Christian Ethics at Wesley Theological Seminary in Washington, DC. She has decades of experience preparing ministers and teaching advanced courses in the practice of ministry. Wheeler is the author of several books, including *The Minister as Moral Theologian*, *Wealth as Peril and Obligation: The New Testament on Possessions, Stewards of Life: Bioethics and Pastoral Care*, and *What We Were Made For: Christian Reflections on Love*.

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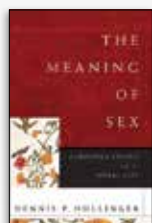
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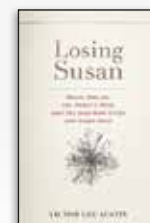
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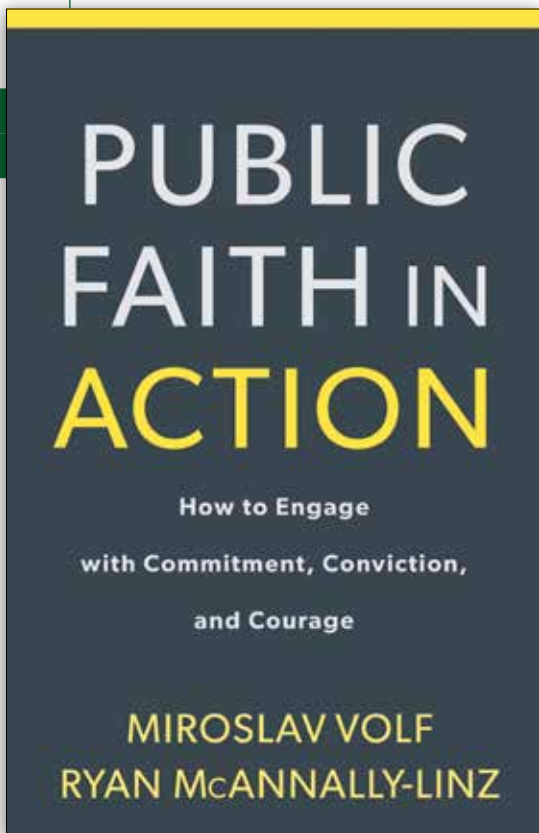


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Miroslav Volf (DrTheol, University of Tübingen) is the Henry B. Wright Professor of Systematic Theology at Yale Divinity School and founding director of the Yale Center for Faith and Culture. He has written more than fifteen books, including *A Public Faith*, *Exclusion and Embrace* (winner of the Grawemeyer Award in Religion and selected among the one hundred best religious books of the twentieth century by *Christianity Today*), *After Our Likeness*, and *The End of Memory*.

Ryan McAnnally-Linz (PhD, Yale University) is an associate research scholar at the Yale Center for Faith and Culture. In addition to his scholarly writings, he has coauthored articles with Miroslav Volf for *Sojourners*, *Christian Century*, and the *Huffington Post*.



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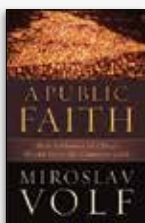
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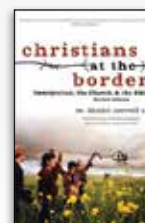
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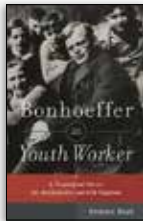
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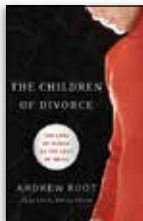
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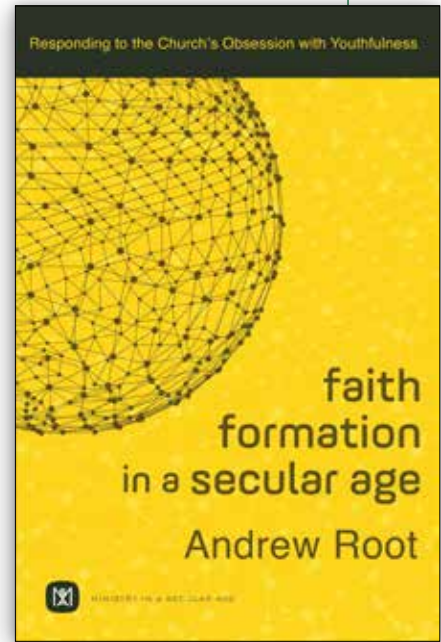
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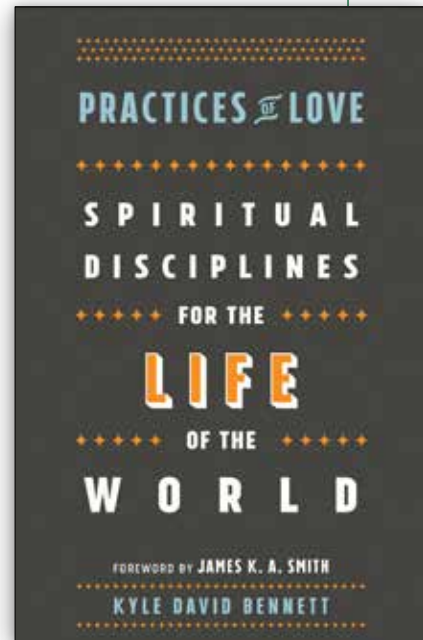
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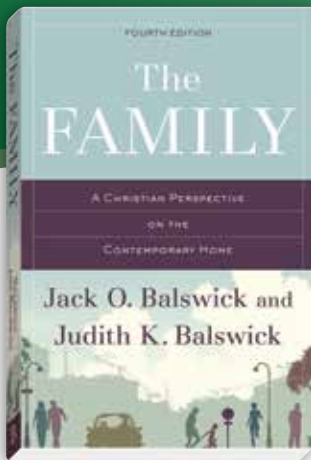
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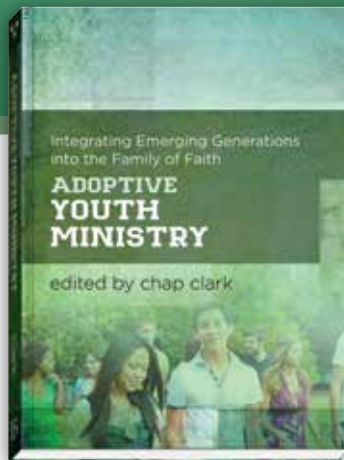
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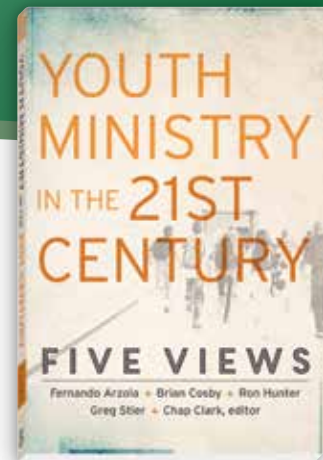
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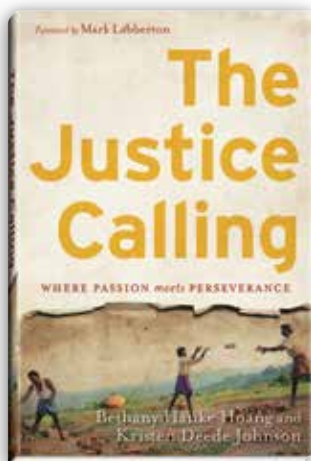


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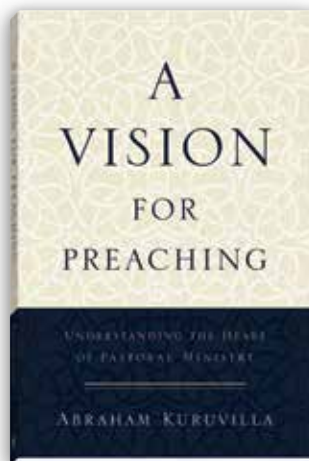


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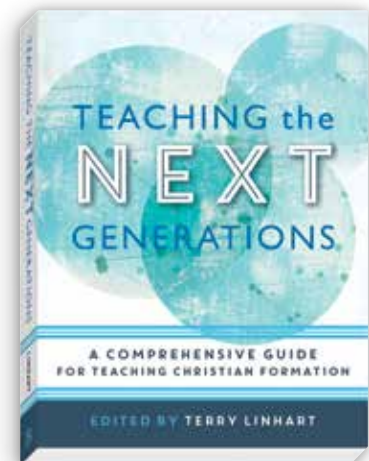
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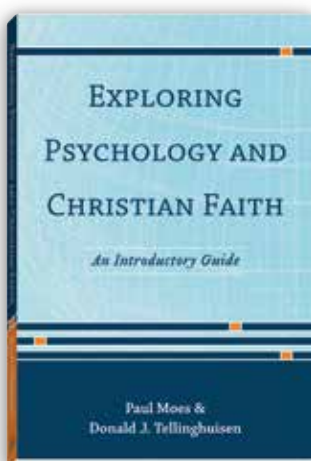
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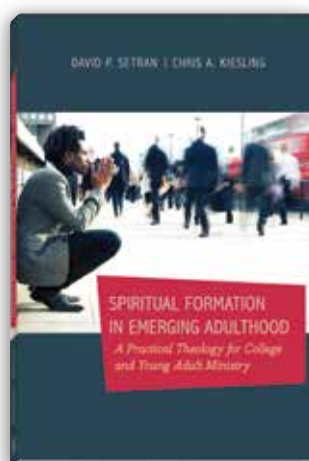
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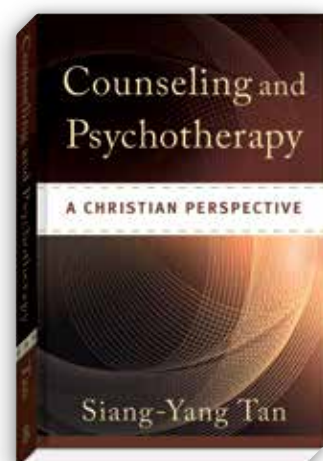
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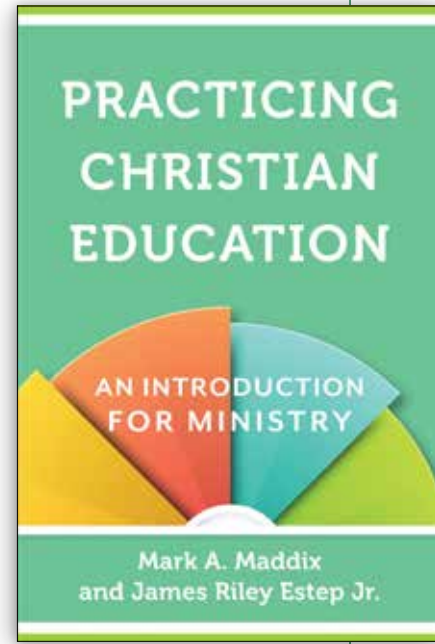
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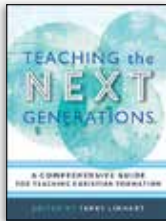
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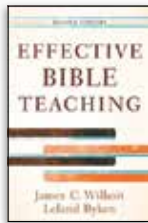
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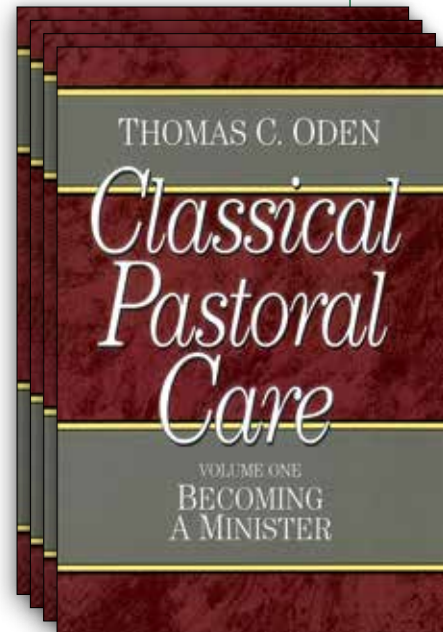


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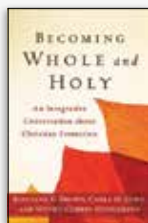
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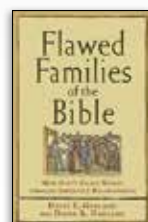
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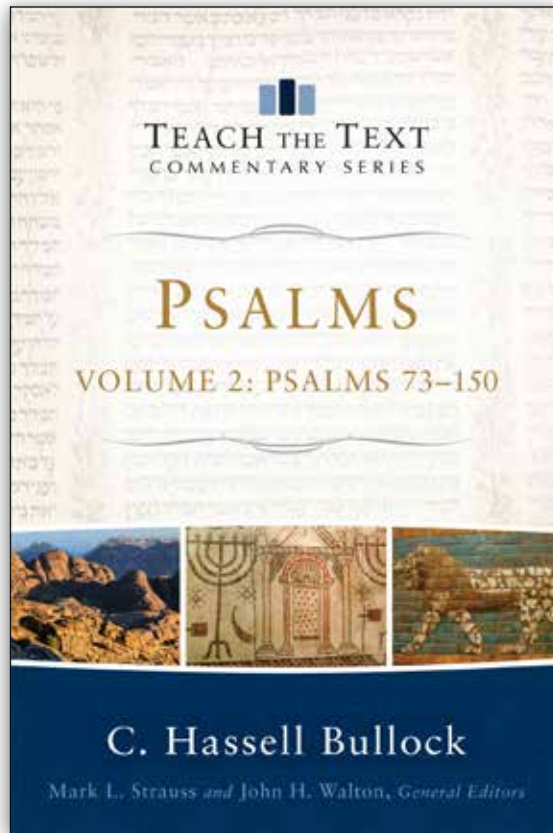
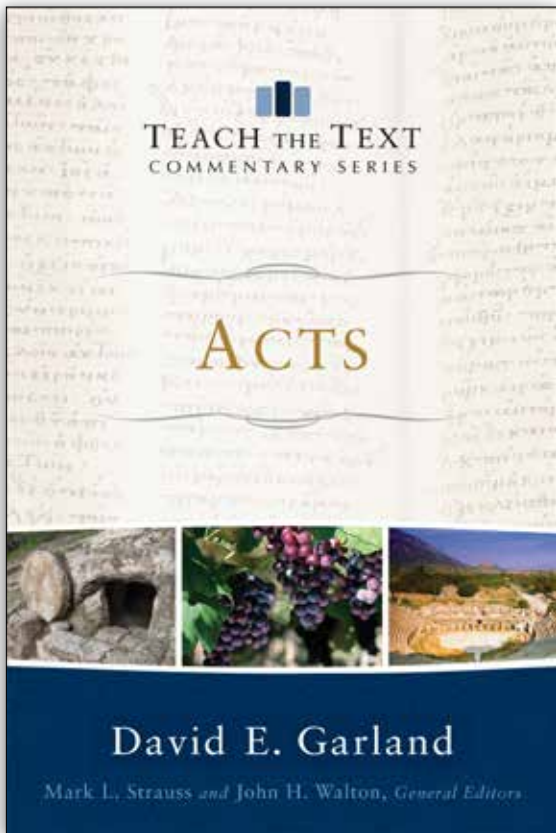


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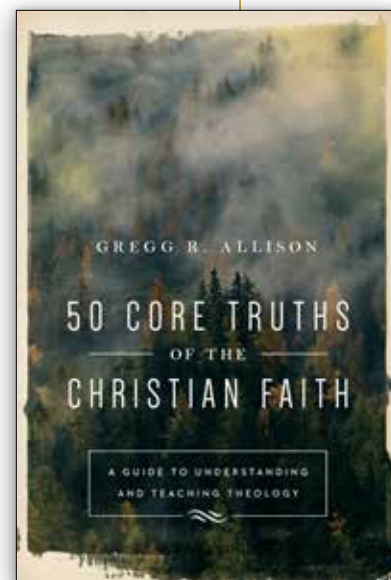


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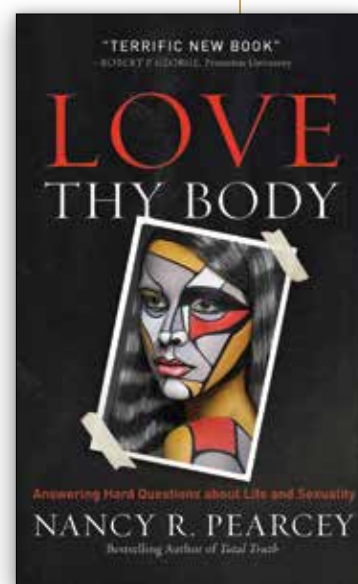
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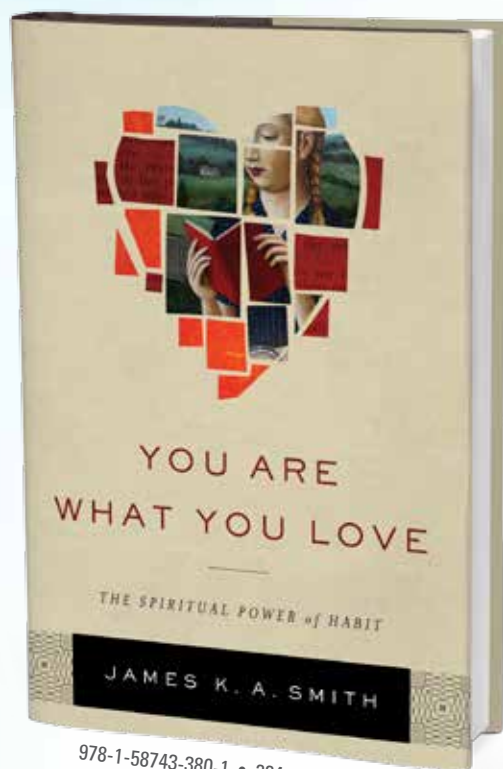
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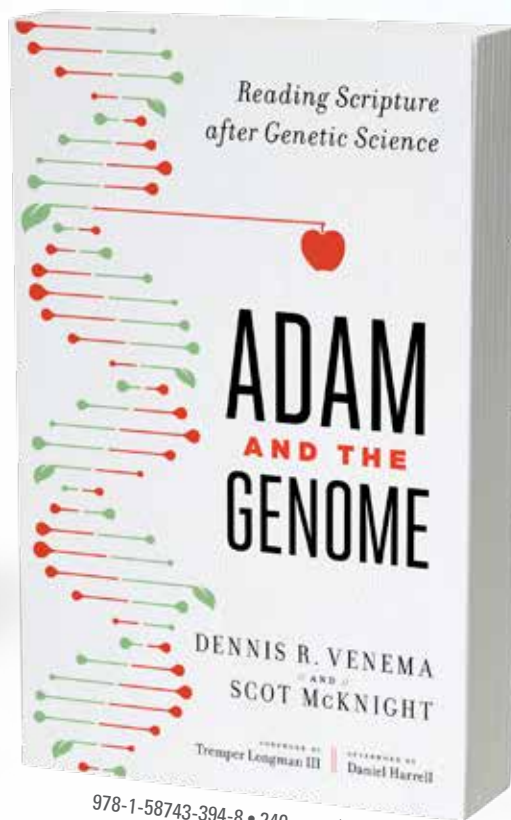
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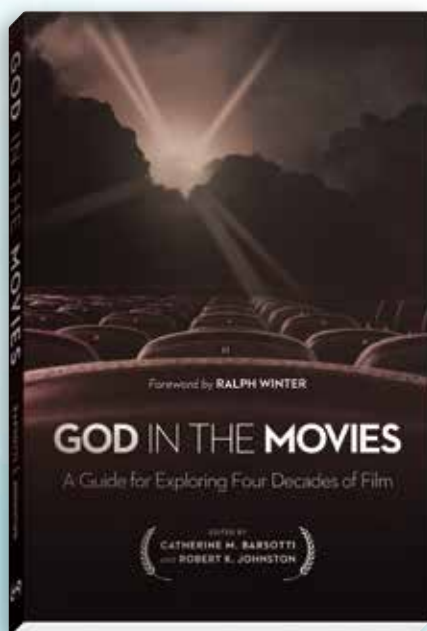
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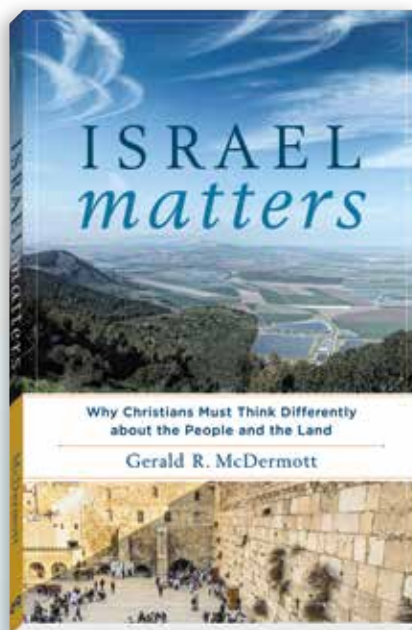
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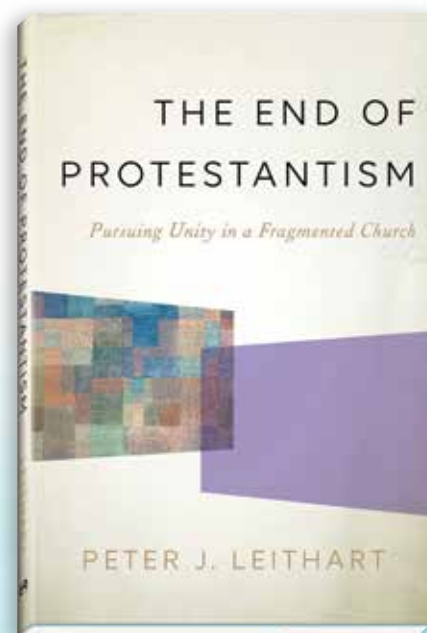
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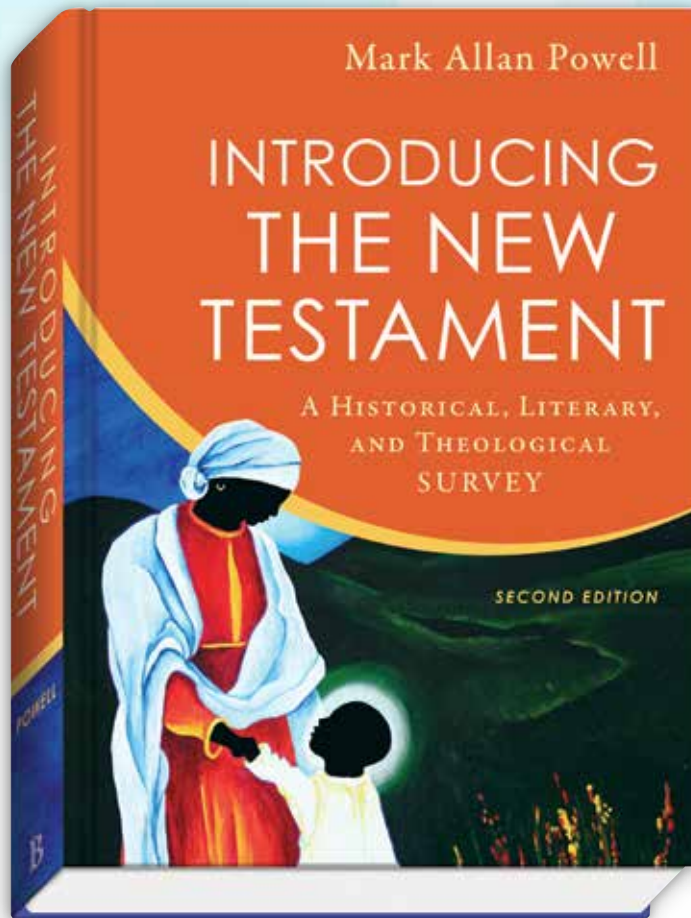


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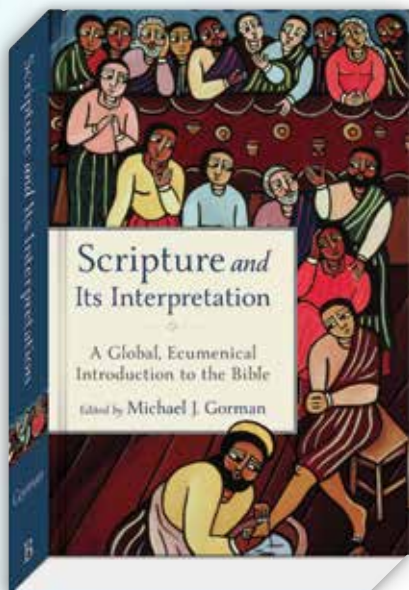
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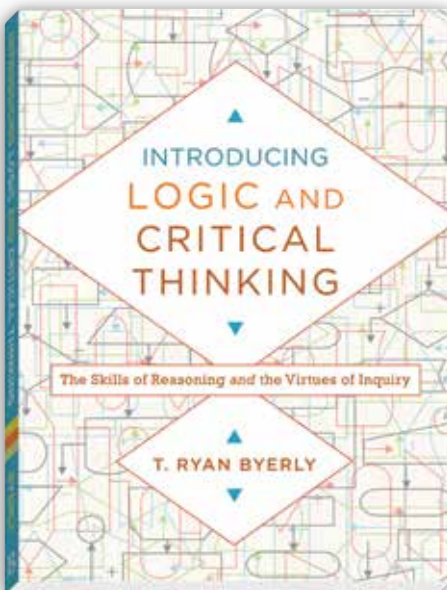
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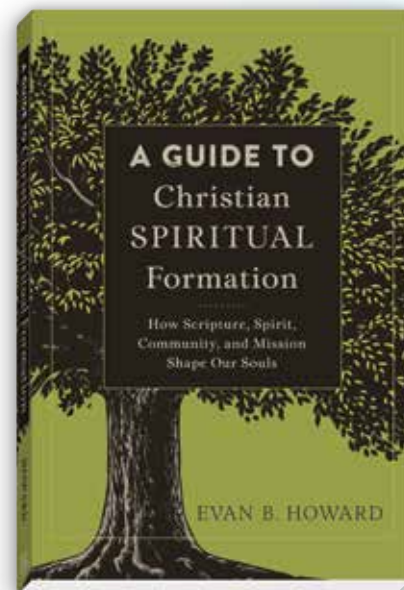
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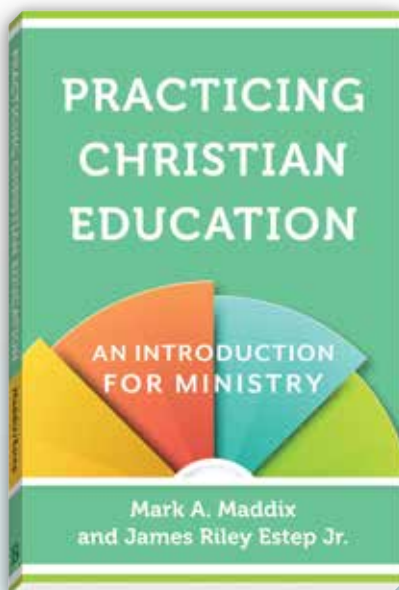
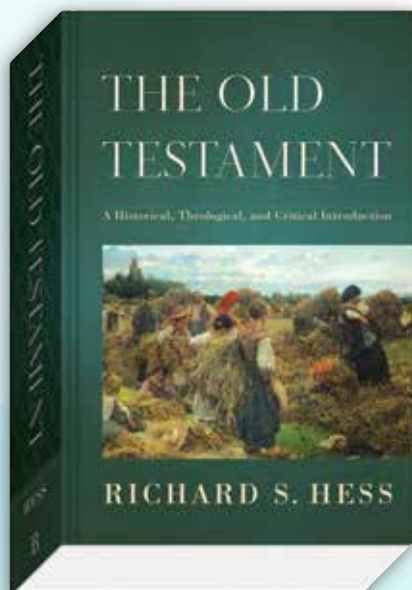
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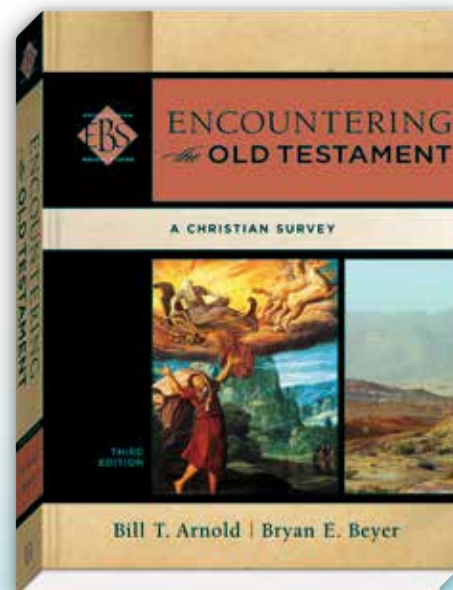
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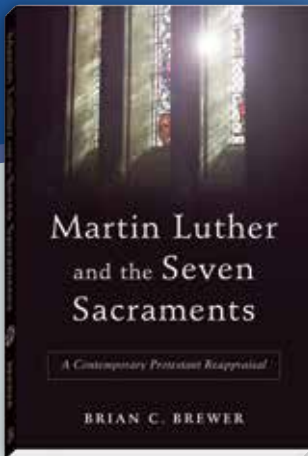


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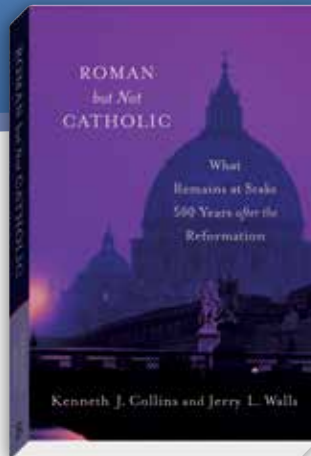


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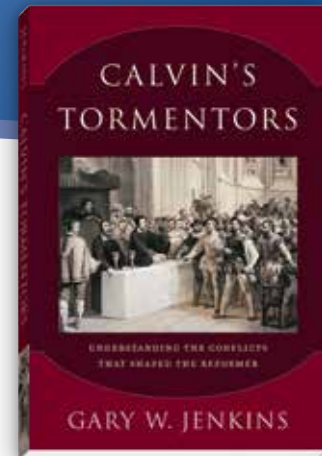
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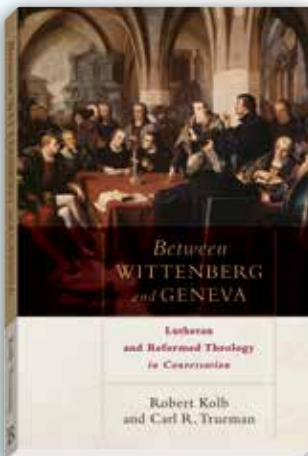
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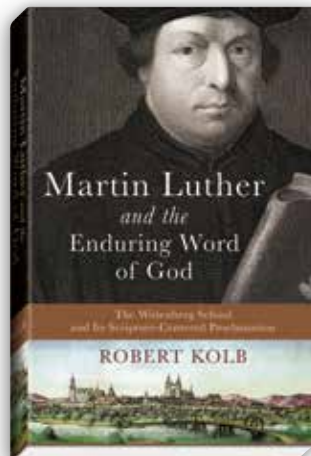
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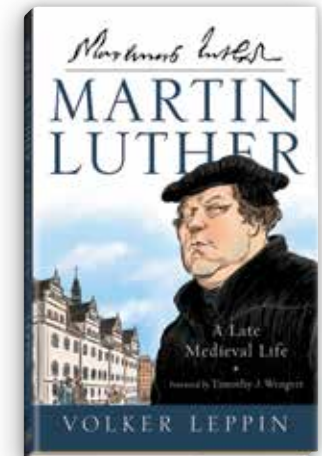
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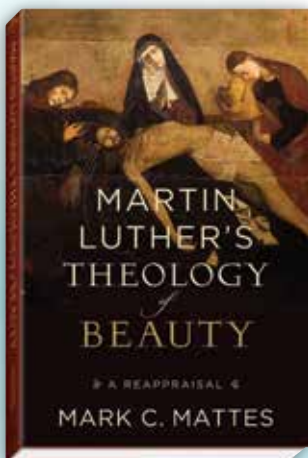
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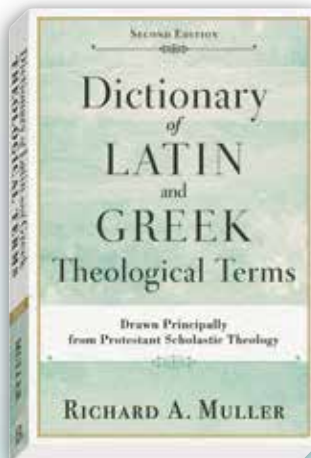
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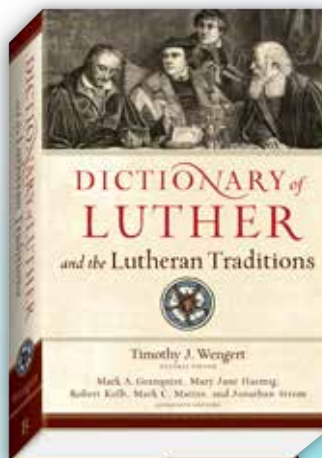
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