

Clergy Wellness Benchmark Report

Spiritual Wellness

#1

PRACTICES & TOOLS

- Daily Prayer
- Weekly Sabbath
- Utilizing Days off & Vacation
- Annual Spiritual Retreats
- Renewal Leave Every 4-6 years

#2

ACCOUNTABILITY & SUPPORT

- Spiritual Director
- Peer Group/Cluster
- Relationship with a Therapist

#3

SENSING GOD'S PRESENCE

- Seeing God in the Challenges
- Posture of Trust & Humility
- Releasing Ego

