



## Ministers' Convocation

Friday, October 28 10:00 AM

**Facilitator: Bishop C. Guy Robinson**

Where are the safe spaces for pastors to thrive, extending grace and support in their struggles to defuse the misconception that they must suffer alone to uphold a fragile veneer of spiritual perfection?

There is a stigma surrounding pastors with mental health concerns. A lot will never admit to themselves, their spouses, children, or even the world around them that they at times feel overwhelmed. Unfortunately, pastors are the least likely to seek help due to the fear that their ability as spiritual leaders will be called into question.

Pastors are called to be leaders, champions of ministry, and uphold biblical truth, however, it can be difficult to maintain the full responsibilities that the church demands. Often being held to standards of biblical perfection that the majority of believers cannot meet, what causes a belief that in taking on religious leadership, humanity is forfeited and grace no longer needed? The clerical calling is an emotionally demanding one and can cause a strain on mental health. Yet, Pastors, must not be afraid to seek counsel and learn how and when to prioritize mental wellness.

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