



# Spiritual Formation & Fatigue

Caring for Self and Others When Tired  
Rev. Monique Crain Spells



## 2 CORINTHIANS 3:17-18

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Let us unveil our faces together...



# Workshop Overview

- Welcome, Purpose, Confession, and Prayer
- Meditation by Howard Thurman
- Recognize and name our fatigue
- [“The Real Reason Why We are Tired”](#) video by Dr. Sandra Dalton-Smith
- Assess our capacity and prioritize
- Tools and Practices
- Accountability



# A Meditation with Howard Thurman

What Do You Want....Really?

# Fatigue: The Components



"Dimensions of Fatigue", Psychology Today, September 2008

# Seven Types of Rest



"Dimensions of Fatigue", Psychology Today, September 2008

“The Real Reason  
Why We are Tired”  
video by Dr. Sandra  
Dalton-Smith



# Notable Statistics

PCUSA Minister Wellbeing  
2019 Report (4,495 pastors)

- 49% reported fatigue
- 35% are concerned about burnout
- 32% are concerned about isolation
- 42% are concerned about their own spiritual renewal





Let's read and hear from the passage again...

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. ~2 Corinthians 3:17-18

# Capacity

What is realistic? What is holy?

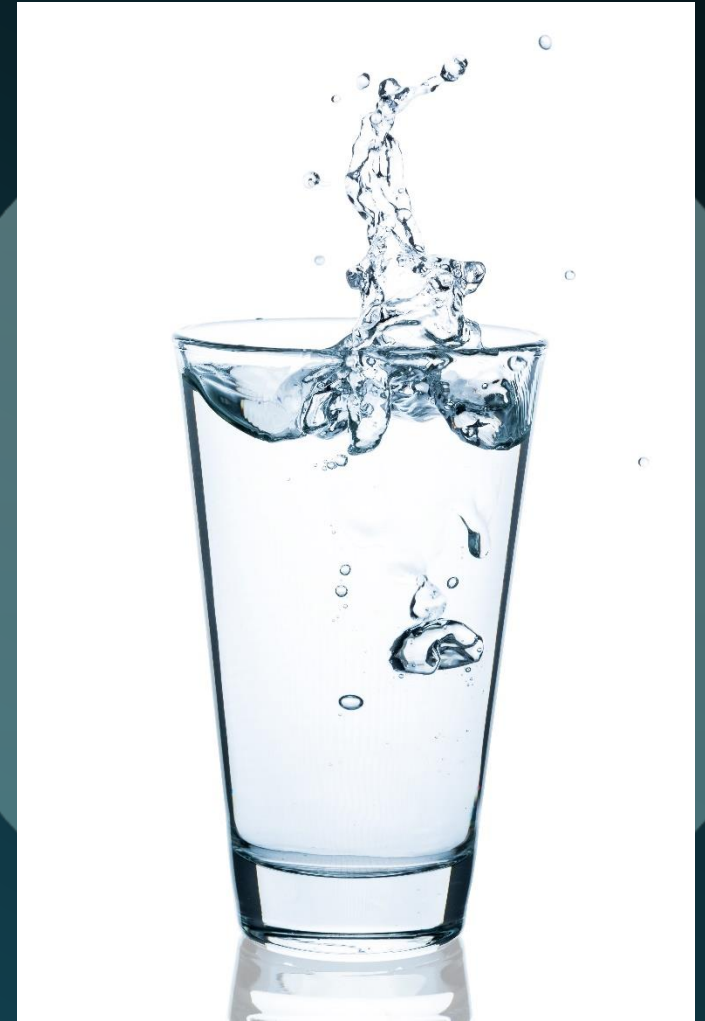
## Spiritual Disciplines

- That which centers us in God's presence, freedom, peace & joy

## Family and Friends

- Caregiving, quality time, recreation

## Vocation or Career





## Prioritizing looks like...

- Powering up in the Spirit
- Fueling your temple (30 min. a day/healthier meals)
- Letting go of some things in peace
- Asking for help
- Sharing leadership, wise delegation
- Saying “yes” to leisure opportunities
- Saying “no” to what is verifiably fruitless
- Powering down in the Spirit

# Tools & Practices



*"Be still and know that I am God."  
Psalm 46:10*

# Accountability

Tell  
Someone  
Your Plan

Utilize  
Calendars  
and  
Alarms

Journal  
Your  
Fatigue

"REST IS HOLY, not a reward for  
the productive."

Sandi Villarreal, Sojourners



## Contact Info:

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