

Kentucky Baptist Convention Pastoral Wellness Efforts

The Kentucky Baptist Convention is dedicated to supporting the spiritual, physical, emotional, and financial health of pastors and church leaders. Here's an overview of some of our **current efforts** to support pastoral wellness:

1.1 Shepherding

- **Purpose:** Spiritual renewal, marriage enrichment, pastoral fellowship, and emotional health.

1.2 Bi-Vocational Pastor & Wives Retreat

- **Purpose:** Spiritual renewal, marriage enrichment, rest, reflection, and balance between vocational work and ministry.

1.3 Regional Consultants

- **Purpose:** Encouragement, coaching, pastoral wellness related workshops (stress management, preventing burnout, time management, conflict resolution, etc.), fellowship gatherings and cohorts for ministry connections and help with pastoral loneliness.

1.4 Financial Benefits and Pastoral Wellness Consultant

- **Purpose:** Provide resources, coaching, and awareness in the areas of spiritual, physical, relational/emotional, financial, and vocational wellness.

1.5 Women's Ministry and Events: Cultivate/Radiant/Ministry Wives Roundtables

- **Purpose:** Pastors greatly appreciate the care, connections, and encouragement provided for their wives throughout the year.

1.6 Several KBC Events provide spiritual refreshment, fellowship, and encouragement

- **Reach:** Spiritual renewal, connections, and encouragement for pastors and church leaders
- **Launch:** Spiritual renewal, connections, and encouragement for student pastors and spouses
- **Children Ministry Retreat:** Spiritual renewal, connections, and encouragement for Children ministry leaders
- **Equip:** Spiritual renewal, ministry helps, connections, and encouragement to pastors
- **Revitalize:** Spiritual renewal and reflection, vision, connections, and encouragement for pastors
- **Ark Encounter:** Spiritual renewal, connections, and encouragement for pastors and their families
- **Worship Leader/Student Pastor Roundtables:** Connections and encouragement for worship leaders and student ministry leaders
- **Retirement Workshops and Financial Benefits Coaching:** Helps pastors with financial wellness concerns and planning

1.7 KBC Counseling Fund: Helps pastors with short-term counseling on an as-needed basis.

1.8 Starting Well – <https://startingwell.net>

- **Purpose:** Website with articles, podcasts, and resources to assist pastors serving in new ministry settings get off to a good start. (Coordinated and hosted by KBC's Jason Lowe.)