

The Greatest Needs of Pastors

Personal Needs and Self-Care

A SURVEY OF AMERICAN PROTESTANT PASTORS

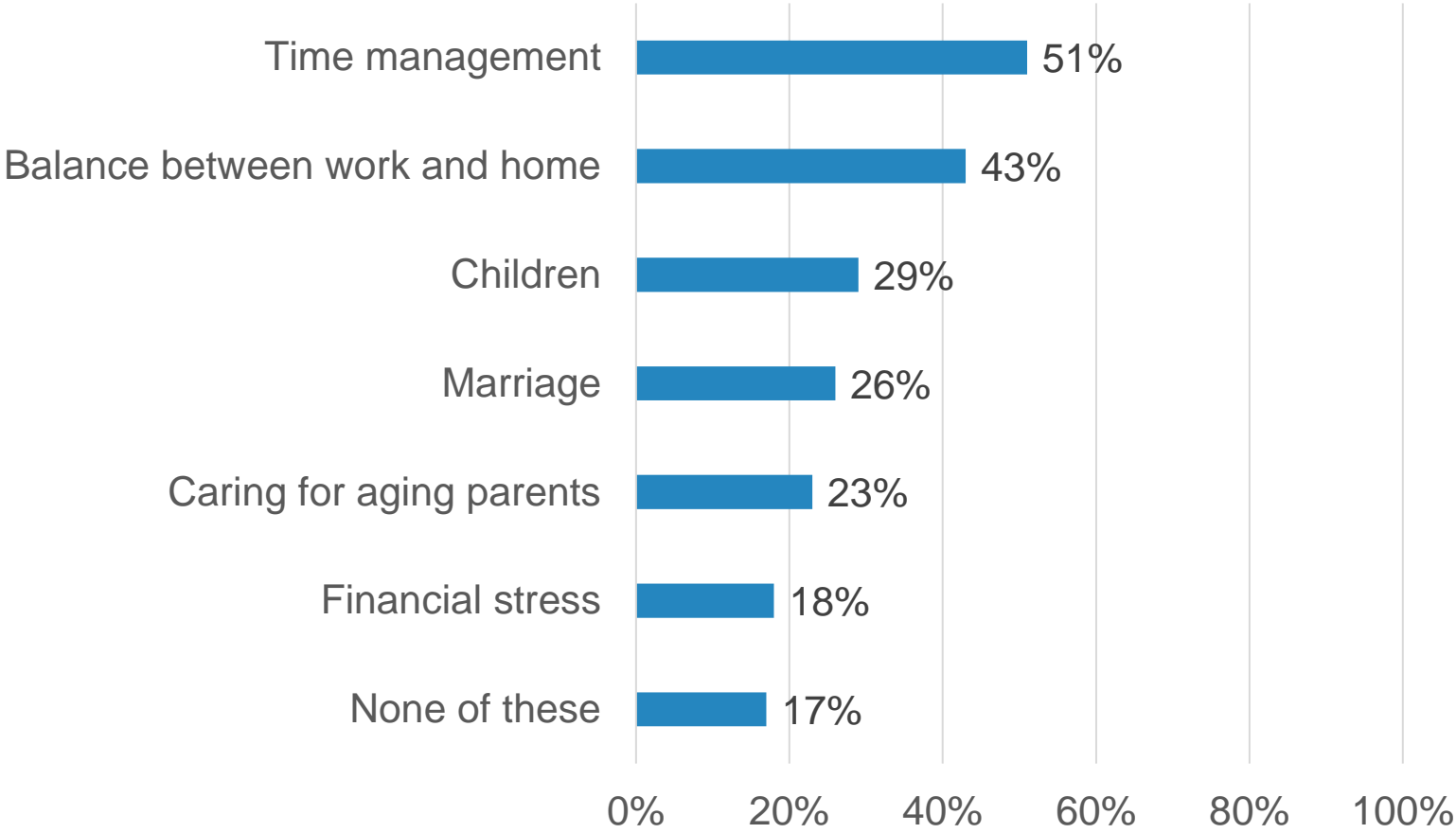
Lifeway **research**

Methodology

- The phone survey of 1,000 Protestant pastors was conducted March 30 – April 22, 2021
- The calling list was a stratified random sample, drawn from a list of all Protestant churches. Quotas were used for church size
- Each survey was completed by the senior or sole pastor or a minister at the church
- Responses were weighted by region and church size to more accurately reflect the population
- The completed sample is 1,000 surveys
- The sample provides 95% confidence that the sampling error does not exceed $\pm 3.1\%$ This margin of error accounts for the effect of weighting
- Margins of error are higher in sub-groups

“Which of the following aspects of your personal life as a pastor need attention or investment today.”

Among Protestant Pastors

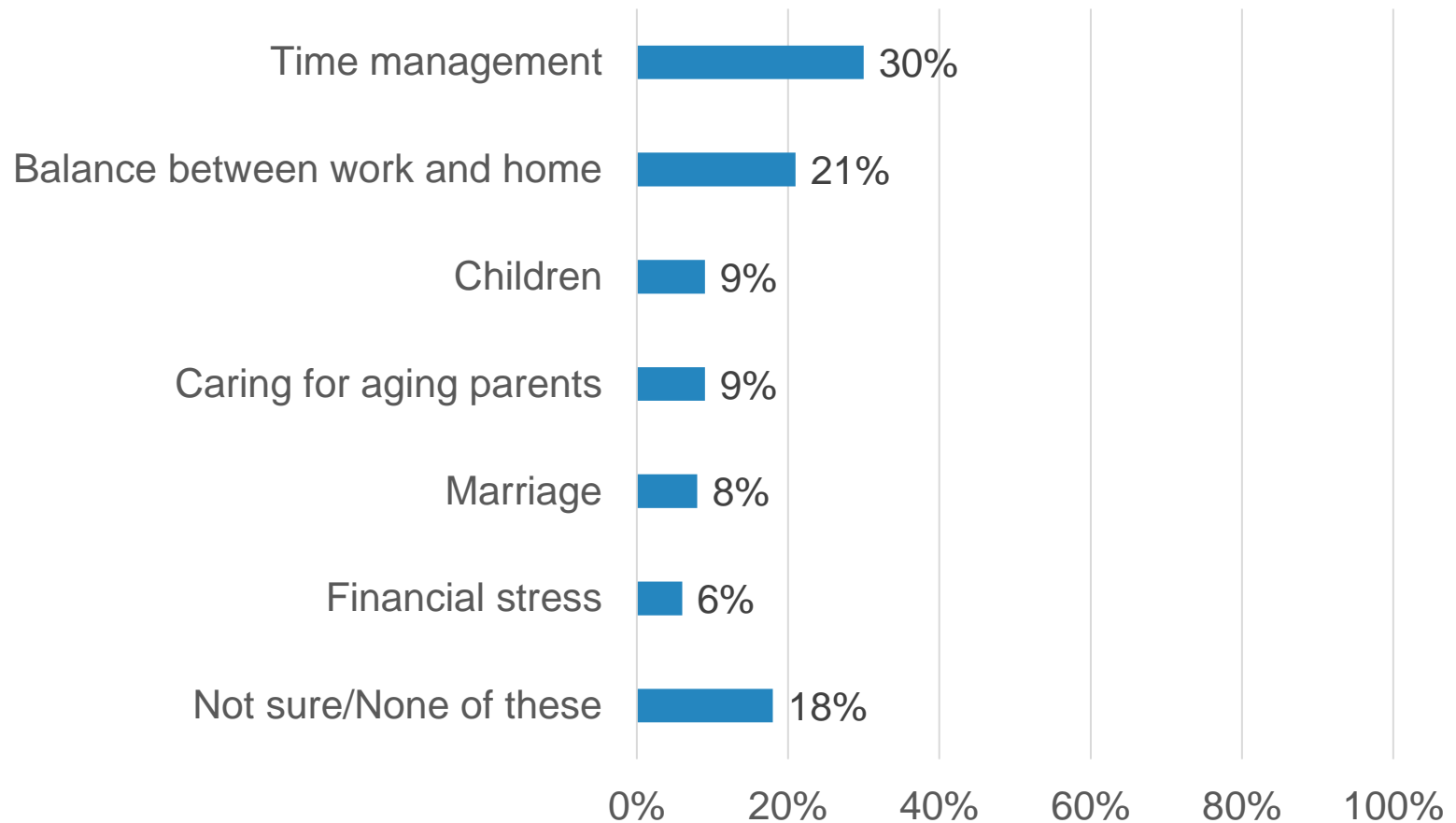


Lifeway research

Q8: “Which of the following aspects of your personal life as a pastor need attention or investment today. (Select all that apply)”

30% say they need to address time management the most

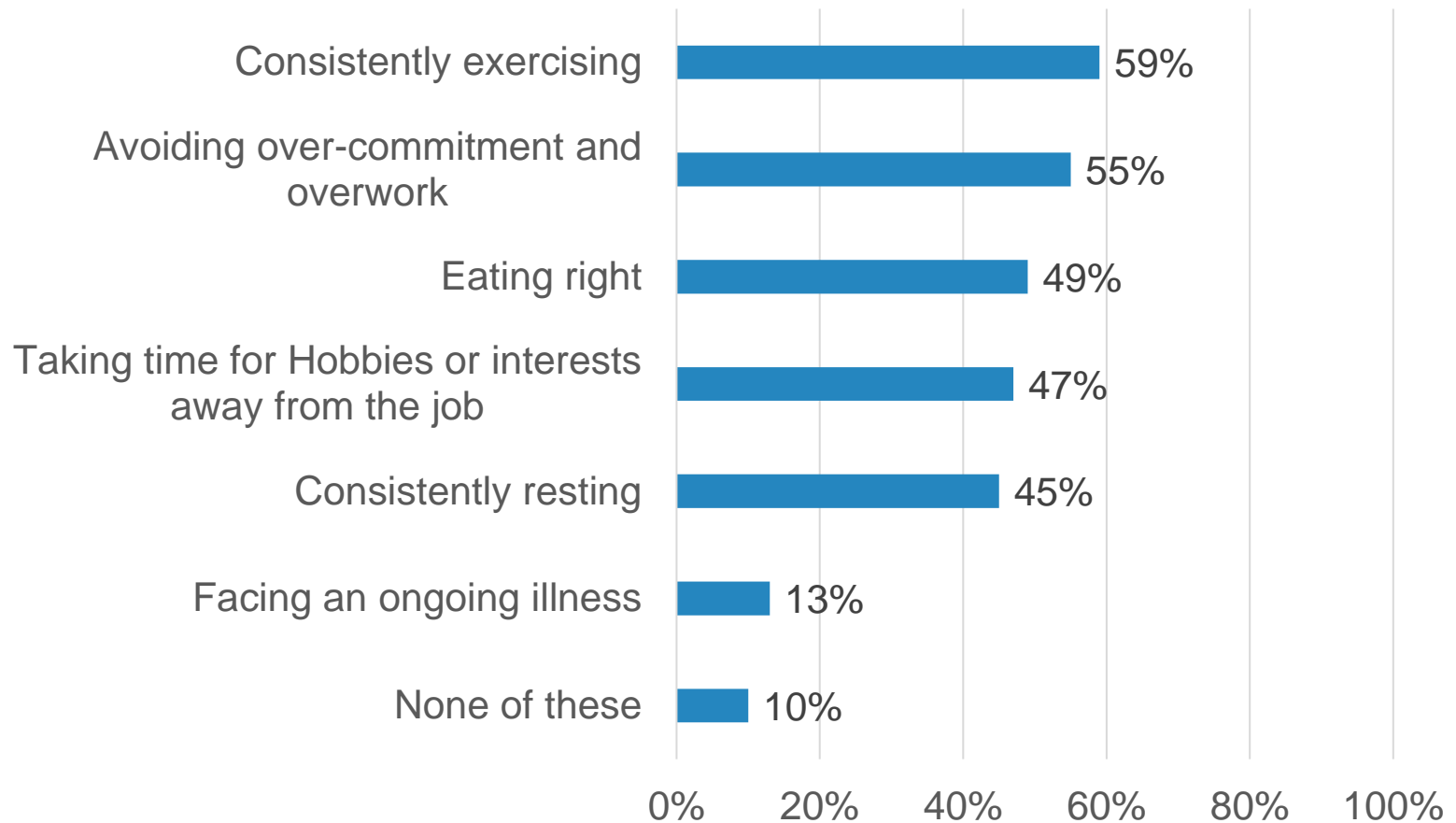
Among Protestant Pastors



Lifeway research

“Please select all the aspects of self-care that you find challenging in your ministry as a pastor.”

Among Protestant Pastors

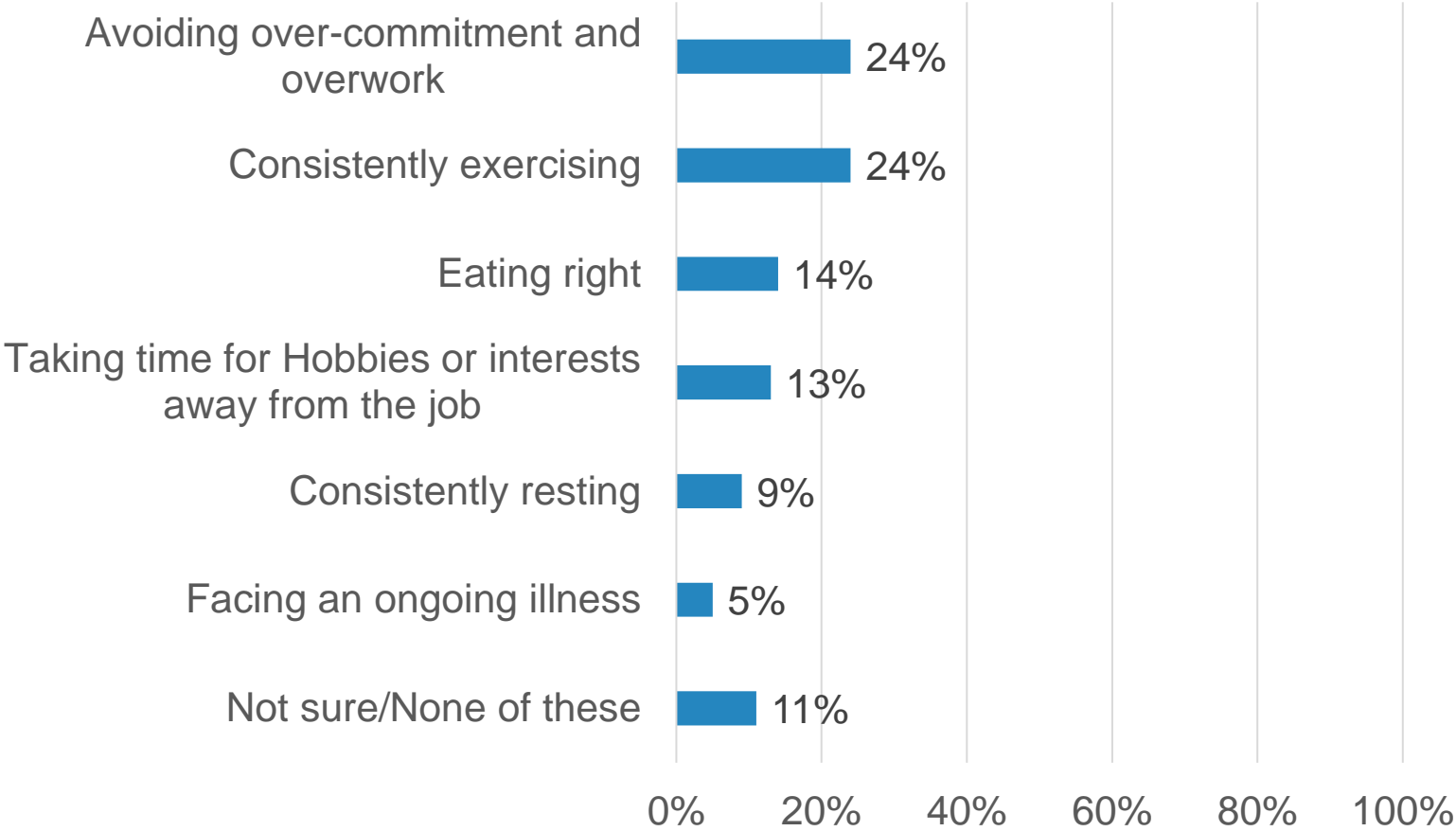


Lifeway research

Q10: “Please select all the aspects of self-care that you find challenging in your ministry as a pastor. (Select all that apply)”

24% say avoiding over-commitment and overwork is the most challenging; 24% say consistently exercising

Among Protestant Pastors



Lifeway research

Q11: "Among the aspects of self-care you just selected, which one is most challenging today?"

Significant Differences

Pastor

Age

Gender

Ethnicity

Education Level

Self-identified Evangelical/Mainline

Church

Region

Denomination

Average Attendance

Lifeway research

Significant Differences

Comparisons were made to determine if there are any significant statistical differences among the pastor's ethnicity, age, gender, education, self-identified Evangelical or Mainline.

AGE	GENDER	ETHNICITY	EDUCATION	SELF-IDENTIFIED
18-44	Male	White	No College Degree	Evangelical
45-54	Female	African American	Bachelor's Degree	Mainline
55-64		Other Ethnicities	Graduate Degree	
65+			Doctoral Degree	

Significant Statistical Differences

Comparisons were made to determine if there are any significant statistical differences among the church's region, denomination, and attendance.

REGION	DENOMINATION GROUP	ATTENDANCE
Northeast	Baptist	0-49
South	Lutheran	50-99
Midwest	Methodist	100-249
West	Pentecostal	250+
	Presbyterian/Reformed	
	Christian/Church of Christ	
	Non-denominational	

Note: Region is defined by the US Census locations

“Which of the following aspects of your personal life as a pastor need attention or investment today.”

Balance between work and home

- Pastors of Other Ethnicities are the most likely to select (56%)
- Pastors age 18-44 are the most likely to select (52%)
- Pastors with no college degree (52%) are more likely to select than those with a Bachelor’s degree (37%) or a Doctoral degree (38%)
- Presbyterian/Reformed (53%) are more likely to select than Baptists (41%) and Christian/Church of Christ (35%)

“Which of the following aspects of your personal life as a pastor need attention or investment today.” *(continued)*

Children

- White pastors (31%) are more likely to select than African American pastors (17%)
- Pastors age 18-44 (45%) and 45-54 (40%) are more likely to select than pastors age 55-64 (16%) and 65+ (17%)
- Pastors of churches with attendance of 250+ (35%) are more likely to select than those with attendance of 0-49 (23%)

Marriage

- Pastors age 18-44 (32%) are more likely to select than pastors age 55-64 (21%)
- Pastors with a Doctoral degree are the least likely to select (12%)

“Which of the following aspects of your personal life as a pastor need attention or investment today.” *(continued)*

Caring for aging parents

- Pastors age 55-64 are the most likely to select (34%)
- Pastors in the West (29%) are more likely to select than those in the Northeast (17%)

“Which of the following aspects of your personal life as a pastor need attention or investment today.” *(continued)*

Financial stress

- Pastors age 18-44 (20%) and 45-54 (21%) are more likely to select than pastors age 65+ (11%)
- Pastors with a Bachelor’s degree (20%) or a Master’s degree (19%) are more likely to select than those with a Doctoral degree (10%)
- Pastors of churches with attendance of 0-49 (21%) and 50-99 (20%) are more likely to select than those with attendance of 100-249 (14%)

“Which of the following aspects of your personal life as a pastor need attention or investment today.” *(continued)*

Time management

- Pastors age 18-44 (58%) and 55-64 (53%) are more likely to select than pastors age 45-54 (44%)
- Pastors with a Doctoral degree are the least likely to select (39%)
- Pastors in the South (55%) are more likely to select than those in the Midwest (47%)
- Baptists (54%) and Pentecostal (57%) are more likely to select than Christian/Church of Christ (40%)

“Among the aspects of your personal life you just selected, which one are you as pastor most needing to give attention to or investment in today?”

- Pastors of Other Ethnicities (13%) are more likely to select “Children” than African American pastors (4%)
- Pastors age 18-44 (29%) are more likely to select “Balance between work and home” than pastors age 55-64 (16%) and 65+ (17%)
- Pastors age 55-64 (33%) are more likely to select “Time management” than pastors age 45-54 (24%)
- Pastors age 55-64 are the most likely to select “Caring for aging parents” (19%)
- Pastors with a Master’s degree (22%) are more likely to select “Balance between work and home” than those with a Bachelor’s degree (15%)
- Pastors with a Bachelor’s degree (39%) are more likely to select “Time management” than those with a Master’s degree (27%) or a Doctoral degree (23%)

“Among the aspects of your personal life you just selected, which one are you as pastor most needing to give attention to or investment in today?” *(continued)*

- Mainline pastors are more likely to select “Balance between work and home” than Evangelical pastors (26% v. 19%)
- Pastors in the West (13%) are more likely to select “Children” than those in the South (8%)
- Lutherans (33%) are more likely to select “Balance between work and home” than Baptists (18%) and Christian/Church of Christ (17%)
- Pastors of churches with attendance of 0-49 are the most likely to select “Time management” (39%) and the least likely to select “Balance between work and home” (14%)

“Please select all the aspects of self-care that you find challenging in your ministry as a pastor.”

Avoiding over-commitment and overwork

- Pastors age 65+ are the least likely to select (38%)
- Pastors with a Bachelor’s degree (60%) or a Master’s degree (55%) are more likely to select than those with a no college degree (46%)
- Pastors of churches with attendance of 100-249 (57%) and 250+ (60%) are more likely to select than those with attendance of 0-49 (48%)

“Please select all the aspects of self-care that you find challenging in your ministry as a pastor.” *(continued)*

Consistently exercising

- Pastors age 45-54 (64%) are more likely to select than pastors age 65+ (53%)
- Pastors with a Bachelor’s degree (63%) or a Master’s degree (60%) are more likely to select than those with a Doctoral degree (50%)
- Pastors in the South (60%) and Midwest (64%) are more likely to select than those in the West (49%)
- Lutherans (64%) and Non-denominational (67%) are more likely to select than Presbyterian/Reformed (49%)

“Please select all the aspects of self-care that you find challenging in your ministry as a pastor.” *(continued)*

Facing an ongoing illness

- Pastors of Other Ethnicities (22%) are more likely to select than White pastors (11%)
- Pastors age 55-64 (17%) and 65+ (17%) are more likely to select than pastors age 18-44 (7%) and 45-54 (9%)
- Baptists (13%), Pentecostals (15%), and Presbyterian/Reformed (19%) are more likely to select than Lutherans (5%)
- Pastors of churches with attendance of 0-49 (18%) and 50-99 (15%) are more likely to select than those with attendance of 250+ (6%)

“Please select all the aspects of self-care that you find challenging in your ministry as a pastor.” *(continued)*

Eating right

- Pastors age 65+ are the least likely to select (41%)
- Pastors in the South (52%) and Midwest (54%) are more likely to select than those in the Northeast (37%)

Consistently resting

- African American pastors (63%) are more likely to select than White pastors (42%)
- Pastors age 18-44 (50%) are more likely to select than pastors age 65+ (37%)
- Pastors in the South (48%) are more likely to select than those in the Midwest (39%)
- Methodists (55%) are more likely to select than Christian/Church of Christ (38%) and Non-denominational (40%)

“Please select all the aspects of self-care that you find challenging in your ministry as a pastor.” *(continued)*

Taking time for Hobbies or interests away from the job

- Pastors age 45-54 (51%) are more likely to select than pastors age 65+ (41%)
- Female pastors are more likely to select than males (58% v. 45%)
- Pastors with a Master’s degree (51%) are more likely to select than those with a Bachelor’s degree (42%)
- Pastors in the South are the most likely to select (53%)

“Among the aspects of self-care you just selected, which one is most challenging today?”

- Pastors age 18-44 (30%) are more likely to select “Avoiding over-commitment and overwork” than pastors age 65+ (17%)
- Female pastors are more likely to select “Consistently exercising” than males (31% v. 23%)
- Pastors with a Master’s degree (28%) are more likely to select “Consistently exercising” than those with no college degree (19%) or a Master’s degree (17%)
- Pastors in the Midwest (17%) are more likely to select “Eating right” than those in the Northeast (8%)
- Pastors in the West are least likely to select “Consistently exercising” (16%)
- Lutherans (31%) are more likely to select “Consistently exercising” than Baptists (20%)
- Pastors of churches with attendance of 100-249 (28%) and 250+ (35%) are more likely to select “Avoiding over-commitment and overwork” than those with attendance of 0-49 (20%) and 50-99 (19%)