

Church Worker Newsletter



CONTINUALLY REFORMING OUR BODY, MIND, AND SOUL

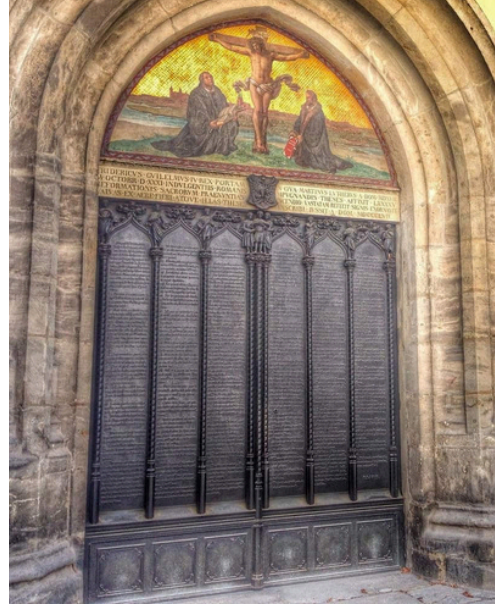
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By Jeremy Freye, LMFT, M.Div. Licensed Marriage and Family Therapist

As we prepare to celebrate Reformation Sunday, we remember Martin Luther and the other reformers who challenged the Church to return to God's Word and rediscover the freedom of the Gospel. Luther understood that reformation was not simply a historical event but an ongoing process of renewal in our relationship with God.

I believe this understanding of continual reformation offers an important message for everyone who serves the Church. Whether you are a pastor, ministry leader, teacher, administrator, or support staff member, your vocation involves caring for others. But how often do you stop considering your own need for renewal?

What would it look like if we allowed God to continually reform our bodies, minds, and souls?



Reforming Our Bodies: Honoring Our Need for Rest

Church workers often find themselves caring for others while neglecting their own physical and emotional needs. Yet Jesus reminds his disciples, "Come away to a deserted place all by yourselves and rest a while" (Mark 6:31). Caring for ourselves is not a rejection of our calling but part of faithfully stewarding the lives God has given us.

A Moment for Renewal: Take a few moments each day to notice what your body is communicating. Are you tired, tense, or overwhelmed? Consider one small action you can take to care for yourself, whether that means taking a walk, getting adequate sleep, or establishing healthier boundaries between work and personal time.

Reforming Our Minds: Changing Unhealthy Patterns

Our experiences and relationships shape how we respond to stress, conflict, and the expectations of others. Some of us may believe that keeping everyone happy is necessary to maintain peace or that our worth depends on meeting everyone's expectations. These patterns can lead to anxiety, resentment, and emotional exhaustion.

A Moment for Renewal:

Think about a recent situation that caused you stress. Ask yourself: Am I taking responsibility for someone else's feelings? Am I saying yes because I fear disappointing someone? Is this a familiar pattern in my relationships? Consider how you might respond differently by establishing a healthy boundary, asking for help, or recognizing that you cannot control the thoughts and feelings of others.



Reforming Our Souls: Returning to God's Grace

We may spend our days helping others grow in faith while neglecting our own spiritual needs. Luther's understanding of grace reminds us that our relationship with God is not dependent upon our accomplishments or ability to meet everyone's expectations. We do not need to earn the love of the God we serve. We are already loved.

A Moment for Renewal:

Set aside a few quiet moments to ask yourself: What am I feeling right now? What do I need? Am I experiencing anxiety, sadness, frustration, or loneliness? Rather than ignoring these emotions, bring them into your relationship with God through prayer and share them with someone you trust. Spiritual renewal invites us to bring our authentic selves into God's presence, trusting in God's unconditional love.

If you would like to schedule an appointment or give back to mental health, please visit our website - lcsfl.com.