



EMOTIONAL EQUILIBRIUM

RESOURCES TO PROCESS EMOTIONS &
CAUSES FOR MINISTRY TRANSITIONS

By Gene Roncone, George Stahnke and Nick Seders

Resources to Process Emotions & Causes for Departure By Gene Roncone, George Stahnke and Nick Sedars

There can be several factors that contribute to a minister's resignation, transition, retirement, or termination. Navigating the emotional midfields of transition can be difficult. To help minister and resource you during these difficult seasons, we have provided the following resource list. It is categorized by common reasons why ministers resign, are released or disqualify themselves along with helpful links. This list is the collaborative effort of George Stahnke, Gene Roncone and Nick Sedars.

1. I am exhausted spiritually.

- INVENTORY: [The Maslach Burnout Inventory](#)
- INVENTORY: [The Holmes-Rahe Life Stress Inventory](#)
- BOOK: [Worn Out by Obedience: Recovering from Spiritual Fatigue](#), by Ron Moore
- BOOK: [The Rest of God: Restoring Your Soul by Restoring Sabbath](#), by Mark Buckanan
- BOOK: [Emotionally Healthy Spirituality](#), by Peter Scazzero
- ARTICLE: [8 Tips for Pastors Struggling with Burnout](#), by Tim Stevens
- VIDEO: [How to Get Back on Track Spiritually](#), by Allen Parr
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars

2. I have disqualified myself morally, sexually, or financially.

- ARTICLE: [Whatever it Takes](#), by Paul and Jenny Speed.
- ARTICLE: [How to Confess an Affair to Your Spouse](#), by Focus on the Family
- ARTICLE: [Accountability is Not Condemnation, It's a Pathway to Freedom](#), by Kris Vallotton
- ARTICLE: [Confessing the Affair: Do's & Don'ts](#), by Josh Spurlock
- ARTICLE: [How to Confess an Affair without Losing Your Marriage](#), by Dr. Joe Snow
- ARTICLE: [Thoughts on the Restoration of Fallen Pastors](#), by Jared C. Wilson
- BOOK: [Starting Over](#), by Dave & Jon Ferguson
- BOOK: [Gentle and Lowly](#), by Dane C. Ortlund
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- VIDEO: [How to Confess An Affair to Your Spouse](#), by Marriage Helper
- VIDEO: [How to Confess An Affair to Your Wife or Husband](#), by Beth Ray
- BOOK: [Unfaithful: Hope and Healing After Infidelity](#), by Gary Shriver

3. My spouse has had an extramarital affair and I feel I have lost credibility.

- BOOK: [Truefaced: Trust God and Others With Who You Really Are](#), by Bill Thrall
- BOOK: [Beneath the Surface: Preventing and Recovering from Sexual Temptation and Moral Failure](#), by Bob Reccord
- BOOK: [Surviving an Affair](#), by Jennifer Harley and Willard F. Chalmers
- BOOK: [Unfaithful: Hope and Healing After Infidelity](#), by Gary Shriver
- BOOK: [Torn Asunder Workbook: Recovering From an Extramarital Affair](#), by Dave Carder
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars

4. My church is unwilling to follow me.

- ARTICLE: [When They Won't Follow Your Leadership](#), by Jared Moore
- ARTICLE: [The Problem with "Church, Submit to Your Pastor"](#), by Mark Strauss and Justin Irving.
- ARTICLE: [Why do Churches Wound Their Pastors?](#) by Dan Doriani
- WEBSITE: [For pastors who have been fired or forced to resign](#), by Pastor's Hope Network.
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- BOOK: [Moving On: Surviving the Grief of Forced Termination](#), by Deanna Harrison
- BOOK: [When to Walk Away](#), by Gary Thomas
- BOOK: [Leadership Pain](#), by Samuel R. Chand

5. I can no longer give what the ministry requires.

- ARTICLE: [On Knowing When to Resign](#), by D. A. Carson
- SERIES: [How Ya Feeling?](#), by Kyle Idleman
- BOOK: [God Does His Best Work with Empty](#), by Nancy Guthrie
- BOOK: [The Best Yes](#), by Lysa TerKeurst
- BOOK: [Pastors at Greater Risk](#), by H.B. London and Neil Wiseman
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars

6. I need a change to stay motivated.

- ARTICLE: [10 Questions To Ask Yourself Before Searching For A New Church Job](#), by Vanderbloemen
- ARTICLE: [7 Signs It's Time to Leave](#), by Carey Nieuwhof
- ARTICLE: [7 Ways to Leave a Church Well](#), by Cameron Triggs
- ARTICLE: [Eight Principles to Consider Before Leaving a Church You Used to Love](#), by Karl Vaters
- ARTICLE: [Short Term Pastorates, Steppingstones or Roadblocks](#), by Ministry Magazine
- ARTICLE: [11 Reasons Some Pastors Leave Too Soon](#), by Church Lawless
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- BOOK: [The Dangerous Duty of Delight: Daring to Make God Your Greatest Desire](#), by John Piper
- BOOK: [Do Over](#) by Jon Acuff

7. I have lost my board's confidence.

- ARTICLE: [The Board Lacks Confidence in the CEO? 13 Ways to Recover and Survive](#), by Forbes Magazine
- ARTICLE: [I've Been Asked to Resign. Should I?](#) by Bob Bickford
- ARTICLE: [7 Good Questions that will Help you Handle Criticism](#) by Hal Seed
- ARTICLE: [My Church Fired Me as Pastor. Now What?](#) by Jeremy Todd
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- SERIES: [Turning Setbacks into Comebacks](#) by Rick Warren
- BOOK: [Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward](#), by Henry Cloud

- BOOK: [*The Ideal Team Player: How to Recognize and Cultivate the Three Essential Virtues*](#), by Patrick M. Lencioni

8. I have personal challenges that require a change of lifestyle.

- ARTICLE: [*On Knowing When to Resign*](#), by D.A. Carson
- PDF: [*Before You Resign, Discerning the Difference Between Discouragement and Release*](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- VIDEO: [*I'm not okay...but Jesus is*](#), by Louie Giglio
- BOOK: [*Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward*](#), by Henry Cloud
- BOOK: [*Hope in the Dark*](#) by Craig Groeschel
- BOOK: [*Joni*](#) by Joni Eareckson Taday

9. I must embrace new family priorities.

- ARTICLE: [*Looking for Biblical Reasons to Quit Your Job?*](#), by Jennifer Waddle
- ARTICLE: [*Should You Move to Be Closer to Your Aging Parents?*](#), by Deb Hipp
- ARTICLE: [*Don't Sacrifice Your Ministry for Your Family*](#), by Lifeway Research
- ARTICLE: [*When Crises Come to Ministry Families*](#) by Kristi Northup
- PDF: [*Before You Resign, Discerning the Difference Between Discouragement and Release*](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- BOOK: [*Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward*](#), by Henry Cloud
- BOOK: [*The Family Life of a Christian Leader*](#) by Ajith Fernando
- BOOK: [*Walking Through Twilight*](#) by Douglas Groothuis

10. I feel I have become ineffective or outdated.

- ARTICLE: [*10 Reasons Why Pastors Lose Their Passion For Ministry*](#), by Jason Isaacs
- ARTICLE: [*Change These Three Factors or Face Obsolescence*](#), by Jim Baker
- ARTICLE: [*5 Ways To Avoid Becoming Obsolete As A Leader*](#), by Glenn Llopis
- ARTICLE: [*7 Ways to Stay Active in Ministry After Retirement*](#) by Michael Rowe
- PDF: [*Before You Resign, Discerning the Difference Between Discouragement and Release*](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- VIDEO: [*Necessary Endings*](#) by Henry Cloud
- BOOK: [*Sometimes You Win - Sometimes You Learn*](#) by John Maxwell
- BOOK: [*Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward*](#), by Henry Cloud

11. I no longer have the "want to."

- ARTICLE: [*When You've Lost Your Passion For Ministry*](#), by Justin Lathrop
- ARTICLE: [*10 Reasons Why Pastors Lose Their Passion For Ministry*](#), by Jason Isaacs
- ARTICLE: [*Is It Time to Quit Ministry?*](#) by Carey Nieuwhof
- ARTICLE: [*How to Choose Your Next Job*](#) by John Piper
- PDF: [*Before You Resign, Discerning the Difference Between Discouragement and Release*](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- BOOK: [*Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward*](#), by Henry Cloud

- BOOK: [How Did I Get Here?](#) by Christine Caine

12. God is genuinely calling me to a new assignment.

- ARTICLE: [7 Ways to Leave a Church Well](#), by Cameron Triggs
- ARTICLE: [5 Keys to Starting a New Pastorate Well](#), by Josh King
- ARTICLE: [3 Things Guaranteed to Happen When God Calls You](#) by Ben Mandrell
- PDF: [12 Points for Pastors Beginning a New Pastorate](#), by Dr. Lamar E. Smith
- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- PODCAST: [Navigating Career Change](#) by Darryl Wootton and Doug Clay
- BOOK: [Your First 100 Days: Make Maximum Impact in Your New Role](#), 2nd ed. Edition, by Niamh O'Keeffe
- BOOK: [The New Leader's 100-Day Action Plan: How to Take Charge, Build Your Team, and Get Immediate Results](#), by George B. Bradt
- BOOK: [Immediate Obedience](#) by Rod Loy

13. I will be leaving my current pastorate to retire.

- PDF: [Before You Resign, Discerning the Difference Between Discouragement and Release](#), by Gene Roncone, Phil Steiger, George Stahnke and Nick Sedars
- ARTICLE: [Retirement Best Practices for Pastor and Congregation](#), by David Rich
- ARTICLE: [When Pastors Retire: Intimidating Transitions - Potential Rewards](#), by Louis Tamminga
- ARTICLE: [Seven Thoughts About Retiring Pastors Who Stay at Their Churches](#), by Thom S. Rainer
- ARTICLE: [Questions for Pastors as They Prepare for Retirement](#), by Ministry Magazine