

Caring Without Carrying: Personal Ministry Reflection

The goal isn't to care less. The goal is to care in a way that allows us to continue serving.

Signs My Boundaries May Be Slipping

What warning signs do I notice in myself?

- ☐ Thinking about participants constantly
- ☐ Feeling responsible for outcomes
- ☐ Difficulty letting go
- ☐ Emotional exhaustion
- ☐ Irritability
- ☐ Guilt when unavailable
- ☐ Other: _____

Caring vs. Carrying

When I am caring, I am:

When I find myself carrying, it usually looks like:

Circle of Control

My Responsibility (*Listening, Presence, Compassion, Prayer, Boundaries*)

Not My Responsibility (*Choices, Outcomes, Healing timelines, Reactions, Whether they return*)

What Helps Me Stay Centered?

People:

Practices:

Prayer/Spiritual Supports:

Reflection

What burden do I need to set down?

What do I need to trust God to carry?

Permission Statement

To sustain my ministry, I give myself permission to:

When I Notice I'm Carrying Too Much...

☐ Pause and breathe

☐ Pray

☐ Talk with a trusted friend or team member

☐ Revisit my Circle of Control

☐ Rest and reconnect with what sustains me

May you continue to serve with compassion, wisdom, healthy boundaries, and trust in God's work.