

Worn Inside Out
Battling Spiritual Exhaustion in Ministry
Shepherds 360 Church Leaders Conference
Tuesday, October 14, 2025
9:30-10:30 a.m.
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Introduction

As Christians, we are called to serve Christ in a sinful and confused world. While ministering in today's culture can be perplexing, we must remember Solomon's insightful words in Ecclesiastes 1:9, "There is nothing new under the sun." Ever since the fall, sin has significantly influenced culture, leaving great destruction in its wake. In our current historical context, we are often left reeling from the magnitude of spiritual needs the church is called to address. Rapidly rising rates of depression and anxiety combined with the moral perversions of our time have left many pastors and church leaders on the brink of spiritual collapse. In this session, we will assess the harsh realities of ministering today and consider a biblical response to the difficulties of vocational ministry.

A Consideration of Psalm 69

A Recipe for Suffering

- 1.
- 2.
- 3.

“A Christian who no longer has to struggle against the world, the flesh, and the devil is a Christian who has fallen either into sin or into complacency. A Christian who has no conflict is a Christian who has retreated from the front lines of service.”

- John MacArthur

Three Truths to Remember

1.

2.

3.

Four Responses

1.

2.

3.

4.

Stay S.T.R.O.N.G.

S

T

R

O

N

G

Conclusion

Vocational ministry can be difficult, making suffering inevitable. This is why perseverance and humility are messages we must continually preach to ourselves. Life isn't all about building our own little kingdom. It's about faithfully running the race God has placed before us for the sake of his glorious kingdom.