Self-Care is Essential: Refueling Your Energy for Ministry

Below, you will find reading material pertaining to self-care:

   [http://www.churchleadership.org/apps/articles/default.asp?blogid=4545&view=post&articleid=Statistics-on-Pastors-2016-Update&link=1&fldKeywords=&fldAuthor=&fldTopic=0](http://www.churchleadership.org/apps/articles/default.asp?blogid=4545&view=post&articleid=Statistics-on-Pastors-2016-Update&link=1&fldKeywords=&fldAuthor=&fldTopic=0).


5. Zikl, Danielle. “6 Benefits of Spinning That’s Convince You to Sign Up: Every Class Offers More Than Just a Good Workout”.  