

17 Marks of a Healthy Minister

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1. **Intimacy with God (Spiritual Reformation):** A lifestyle of seeking, discovering, learning and growing in relationship with God
2. **Intimacy with self:** A knowledge of one's self and a growing self-appreciation that recognizes strengths and limitations
3. **Capacity for intimacy with another:** An appreciation of differences and ability to relate to another with honesty and vulnerability
4. **Assertiveness in empowering, influencing and inspiring others:** The ability and confidence to lead
5. **Discernment:** The capacity to appraise situations well and prioritize among important issues and tasks
6. **Integrity/Ethics:** Trustworthiness and consistency in public and private life
7. **Commitment:** A relentless sense of divine calling to ministry and missions that includes a commitment to the larger community and sense of stewardship of the environment
8. **Communication skills:** Comfort with and native ability in the use of words to express ideas
9. **Openness:** To new ideas and sensitivity to diverse cultures and theological differences
10. **Academic hunger:** An appreciation and desire for learning in a structured and disciplined environment
11. **Valuing of shared leadership:** The capacity to visualize and inspire participation of parishioners in creating and acting upon common goals
12. **Priority of family:** Time and resource investment in enrichment of one's own marriage (if married) and family members
13. **Healthy Sexuality:** Appreciation of one's own sexuality and behavior that is sexually responsible and enriching
14. **Physical fitness:** A lifestyle of physical exercise, good nutrition and health education and management
15. **Stress management:** A balancing of work and leisure; Sensitivity to imbalance in one's life and willingness to utilize resources to avoid burnout
16. **Participation in peer support group:** Accountability to, fellowship with and support of other ministers
17. **Periodic evaluation:** Creation and regular use of an evaluation process based on one's own mission statement, objectives and goals for each year

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