Finding Balance and Setting Boundaries between Work and Home
Post-Seminary Applied Learning and Support (PALS) is a collaborative effort of The Lutheran Church—Missouri Synod’s Pastoral Education department and LCMS districts to help pastors and their wives in the transition from seminary to congregation. To learn more, visit lcms.org/pals.

Made possible by a grant from Thrivent Financial for Lutherans.

The Lutheran Church—Missouri Synod Pastoral Education

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Segment 1:
The Lord's vocations for us. The beginning of our conversation about boundaries and balance in service to our congregations and families.

Segment 2:
A pastor’s wife gives her perspective on the joys and challenges of life in the parsonage.

Segment 3:
A radical suggestion from Eugene Peterson and some more easily initiated ways to allow the Lord’s balance to help with the time challenges at church and at home.
Segment 1
1. What are the Lord’s expectations for your work as a steward of the mysteries of God?

2. What unrealistic expectations do some of the members of your congregation have for you?

3. What expectations do you have for yourself that are hurting you?

4. When you violate your boundaries, what’s your motivation? Is it to please people at the expense of your family?

5. Do you take a day off?

6. What would your wife (or best friend) say about your schedule?

Segment 2
1. What has worked for you in staying connected to your family?
2. What would your wife (or best friend) say has been the most challenging obstacle to time together?

3. What advice from other pastors about balance and boundaries has been helpful?

4. How does your congregation help you and the congregants to be available for service in family vocations? What more could be done to foster a pro-family vocation attitude?

Segment 3

1. What do you think of Eugene Peterson’s “Sabbath” practice? If you practiced such a “Sabbath,” what benefits do you think you would find?

2. What time management or task management system has helped you use your time most efficiently?

3. While email, the internet and social media are exceedingly helpful tools, how have you found them to interrupt good work? What boundaries have you found helpful in regard to these?
4. Have you participated in a Doxology or Grace Place retreat? What have you heard from those who have?

5. How do you and your family dwell richly in the Word together?

Conclusion
Close with prayer for each of the men and their families.

Bibliography for Further Study


Doxology: The Lutheran Center for Spiritual Care and Counsel. *doxology.us*

Focus on the Family: Thriving Pastor. *thrivepastor.com* (Several articles here are quite helpful, although you might have to wade through some non-Lutheran theology.)

Grace Place Wellness Ministries. *graceplacewellness.org*


