

Before You Quit

A Quiet Space for Pastors

A gift from someone in your church who sees you



The Unquittable Church

A note for you

Dear Pastor, someone in your church wanted you to have this quiet space.

This is not homework. You do not have to decide anything today.

This is a space to be honest with God, one sentence at a time.

Weariness is not a moral failure, and asking for help is not a lack of faith.

The One who called you is not surprised by your limits.

These pages give you room to name what is weighing on you, whether it is brokenness, burnout, or boredom, and to sit with it before God.

You are seen, you are loved, and you do not have to walk this alone.

With love, someone in your church who sees you





Which one is it?

Read slowly. Check the one that sounds most like you right now. It is okay to check more than one.

☐

Brokenness

You have been hurt. There are wounds, words, or a betrayal you never had space to grieve.

☐

Burnout

You are empty. You are tired in a way sleep does not fix, serving from depletion.

☐

Boredom

The wonder has faded. You are going through the motions, and your calling feels flat.

Brokenness

"The LORD is near to the brokenhearted and saves the crushed in spirit." Psalm 34:18 (ESV)

1 What feels broken right now?

2 What loss, conflict, disappointment, or wound am I carrying?

3 What have I been afraid to say out loud?

4 Where might God be meeting me in the middle of this?

Burnout

"Come to me, all who labor and are heavy laden, and I will give you rest." Matthew 11:28 (ESV)

1 What am I carrying that was never mine to carry alone?

Write freely. Be honest. There's no rush.

2 Where do I feel depleted: body, mind, soul, relationships, or work?

Name the places that feel dry or heavy.

3 What rhythms of rest have disappeared?

Consider daily, weekly, and seasonal rhythms.

4 What support would make this week more sustainable?

Be specific about what would help.



Boredom

"Restore to me the joy of your salvation, and uphold me with a willing spirit." Psalm 51:12 (ESV)

- 1

What has begun to feel flat or automatic?
- 2

When did I last feel wonder, joy, or holy curiosity in this work?
- 3

What part of my calling still feels alive?
- 4

What might need to change, not because I have failed, but because I am growing?

Sitting with God

"Trust in him at all times, O people; pour out your heart before him; God is a refuge for us." Psalm 62:8 (ESV)

You do not need the right words. Bring God your honest questions, tears, and complaints, just as the psalmists did.

Write your own prayer, lament, silence, or Scripture here.



Who knows?

"Bear one another's burdens, and so fulfill the law of Christ." Galatians 6:2 (ESV)
Choose one safe person who can listen without fixing, judging, or repeating it: a friend, mentor, counselor, spouse, or pastor outside your church.

Who already knows? Who is one safe person I could tell?

What do I want them to understand?

My first step to reach out (a text, a call, a coffee), and when:



One small next step

You do not have to solve everything today. Choose one faithful step that creates a little more room for truth, rest, or help.

☐ **Rest**

What would real rest look like for me this month?

☐ **Help**

Where could I ask for help? Who or what could lighten the load?

☐ **Honest conversation**

What honest conversation needs to happen this month, and when will I begin it?

☐ **Explore more**

Visit unquittablechurch.com to explore The Unquittable Church book, take a free leadership workshop, or take the Pulse for yourself to notice how you are really doing.

A blessing for you

May you remember that your worth is
not measured by your output.

May the love of Christ meet you in
the places you would rather hide.

May you receive the courage to be honest,
the humility to receive help, and the wisdom
to know what faithfulness looks like in this season.

"May the God of hope fill you with all joy and peace
in believing, so that by the power of the Holy Spirit
you may abound in hope." Romans 15:13 (ESV)

You are not alone.
Grace is still here.
Amen.



**When you're ready, there are more free tools
for pastors at unquittablechurch.com.**



Scan to visit. The leadership workshops are free too.

