
Healthy Retirement for Retired Pastors

Retirement is a new phase of God's continuing call. The following are helpful tips for ministers as they enter into retirement:

Begin with Gratitude

Thank God for the wondrous calling of pastoral ministry. You have had the privilege of serving the Kingdom of God. Remember with joy the work of ministry---baptisms, weddings, funerals, lives transformed by the gospel, communities served, worship, equipping the saints, and more.

Refresh and Renew

After many years of service and sacrifice, you deserve to tend to your own soul. Seek opportunities for rest, refreshment, and renewal. Dwell in God's presence.

Utilize Board of Pensions Resources

The Board of Pensions offers not only financial advice and resources but also continuing education opportunities on healthy retirement.

Discern God's Call in this New Chapter

While you may no longer be serving as a pastor, God can still utilize you as a disciple. Take time to pray and discern where God may call you next (i.e. volunteering in the community, helping family, etc.).

Find Closure with Former Calls

Emotionally detaching from former congregations can be hard. Seek support from others such as clergy peers, presbytery staff, spiritual directors, therapists, or a coach.

Ministry Activity Must Be Approved

Any ministry conducted in a PCUSA congregation must be approved by the session moderator. Ministry in a setting outside of the PCUSA must be approved by COM and requires that you are a minister in good standing with current sexual misconduct prevention training.

Nurture Hobbies and Relationships

Retirement requires developing a new structure to one's life and schedule. Discover new hobbies that can bring you joy. Nurture friendships and spend time with those you care about.

Find a New Community of Faith

It is a blessing to be a participant in a church or community of faith. Join a bible study or small group. Worship in new places. Attend conferences or retreats. Volunteer with faith-based organizations