

> 5 WAYS

You Can Do Your Part



Your Congregation Deserves a Healthy Leader

Portico Supports Our Leaders

>5 WAYS

- 1 We put our money where our mouth is. Portico awards wellness dollars to eligible leaders working on healthy habits.
- 2 We know the rhythm of church life, and try to keep contact to a minimum during the busiest times.
- 3 We listen carefully to those we serve, and use what we learn to strengthen our program.
- 4 Because benefits are costly, we hunt for opportunities to steward limited church dollars wisely.
- 5 We pray (often!) for those we serve.

Leaders, Choose to be Healthy

>5 WAYS

- 1 Your body is a gift from God. Do something every day to wake it up and keep it strong.
- 2 It's OK to take a break. When you re-charge, your congregation will get you at your best.
- 3 You don't have to go it alone. Find someone you trust to be your accountability partner as you work on making a healthy habit stick.
- 4 You know benefits are costly. Why not thank your congregation for these gifts — and share how you use them wisely?
- 5 Pray (often!) for your congregation's wellness journey.

Churches, Care for Your Leaders

>5 WAYS

- 1 Take your pastor for a stroll, not a donut.
- 2 Respect your leader's day off. Try not to text, email, message, Snapchat, or call (unless the church is on fire).
- 3 Work on wellness together. Ask friends at church to join you in forming a healthy habit (like following a budget or brown-bagging your lunch).
- 4 Yes, benefits are costly. Why not refer to them as an investment in your pastor — and your church?
- 5 Pray (often!) for your leader's wellness journey.

Because Resilient Leaders Shape Healthy Congregations

Pray For Your Leader's Wellness Journey

God of wholeness,

Your church needs leaders who are strong physically, emotionally, and financially. I pray for my pastor and church staff as they strive to be well. Give them wisdom, strength, resilience, and good health, that they might serve you with faithfulness and joy. In Jesus' name,

Amen.

Get your congregation involved in living well.

PorticoBenefits.org/wellness

Pray For Your Congregation's Wellness Journey

God of abundance,

Thank you for the many gifts you have given me. Help me take care of my body, my mind, my money, and my spirit so I can be a strong leader for my congregation. Use me to inspire others as they seek to live well and serve you. In Jesus' name,

Amen.

Find encouragement for your wellness journey.

PorticoBenefits.org/calltolivewell

Pray For the Strength to Serve Well

O God,

We thank you for your gifts of time and resources and our very bodies. Grant that we may wisely use all you have given us, caring generously for others and for ourselves, that all may enjoy the goodness of your creation; through Jesus Christ, our Savior and Lord.

Amen.

