

# Biblical Leaders: Key Principles and Concepts in Overcoming and Managing Stress, Distress, and Anguish.

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## DOCTORAL DISSERTATIONS AND PR

### Biblical Leaders: Key Principles and Concepts in Overcoming and Managing Stress, Distress, and Anguish

[James Taylor](#)

#### Date

9-2013

#### Department

Rawlings School of Divinity

#### Degree

Doctor of Ministry (DMin)

#### Chair

Charlie Davidson

#### Primary Subject Area

Religion, Biblical Studies; Religion, Clergy; Religion, General

#### Disciplines

Biblical Studies | Christianity | Practical Theology | Religion

#### Recommended Citation

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## Abstract

The high turnover rate among clergy within the local church evidences the mismanagement of personal stress and distress associated with ministry. The purpose of this thesis project is to increase the effectiveness and longevity of ministers by offering them five principles for managing and overcoming their stress, distress, and anguish. If followed, these principles will successfully reduce the personal strain associated with ministry, thus encouraging clergy to remain where God has planted them to build long successful tenures. Based on surveys, personal perspectives, relevant literature, and biblical study, this project establishes essential principles and concepts for managing ministerial anguish, and offers advice regarding their implementation.

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