



*Rev. Dr. Roger Kruger, LMHP, D.Min, is a fellow with the American Association of Pastoral Counselors and holds a doctor of ministry degree in pastoral counseling and psychotherapy from Garrett—Evangelical Theological Seminary. For the past eight years he has been director of Partners in Caring at Lutheran Family Services of Nebraska, a program of support for clergy and congregations. Prior to that he served in parish ministry for 25 years. He has written for the Alban Institute and is the author of the book In Jars of Clay: Reflections on the Art of Ministry.*

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 **Lutheran Family Services**  
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# Barnabas Companions

*“I long to see you so that . . . you and I may be mutually encouraged by each other’s faith.” Romans 1:11*



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# Barnabas Companions

*A Resource of*

**Partners in Caring**

**Lutheran Family Services of Nebraska**

The Barnabas Project provides trained mentors to come alongside pastors interested in gaining new insight into the dynamics of their congregation and learning ways to improve their effectiveness in ministry. Sometimes it is difficult to see the forest for the trees. When you lead a congregation, you become a part of that system. Often in unconscious ways, congregations react to the personality of the pastors and pastors react to the personality system of the congregations. A fresh set of eyes can provide perspective that is often difficult to gain from the inside.

The Barnabas mentors, trained in systems theory and the dynamics of healthy congregations, are available to come on site to meet with pastors over a period of time, possibly shadowing them in some of their activities in order to provide insight, encouragement, support and prayer.

The Barnabas mentor will first meet with the pastor to develop a plan for how to proceed. The pastor can choose from a list of activities which may be most helpful in his or her situation. These include:

1. General discussions about joys and sorrows in ministry
2. Discussions about personal devotional life and how to grow spiritually
3. Reviewing a weekly schedule and discussing ways to optimize use of time
4. Shadowing the pastor and providing feedback after observing (choose which would be helpful)
  - Leading worship
  - Teaching
  - Conducting a meeting
  - Leading a youth activity
  - Other
5. Exploring family of origin and interactions of personal dynamics within the current congregational setting
6. Taking the DISC inventory and discussing its implications

7. Meeting with spouse and family members to discuss ways to prioritize their needs
8. Identifying key points of intervention most likely to produce congregational change and growth
9. Helping to write a professional development plan

Upon completion of the assessment, the Barnabas mentor will be available for consultation during the next six months.

*For additional information contact:*

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