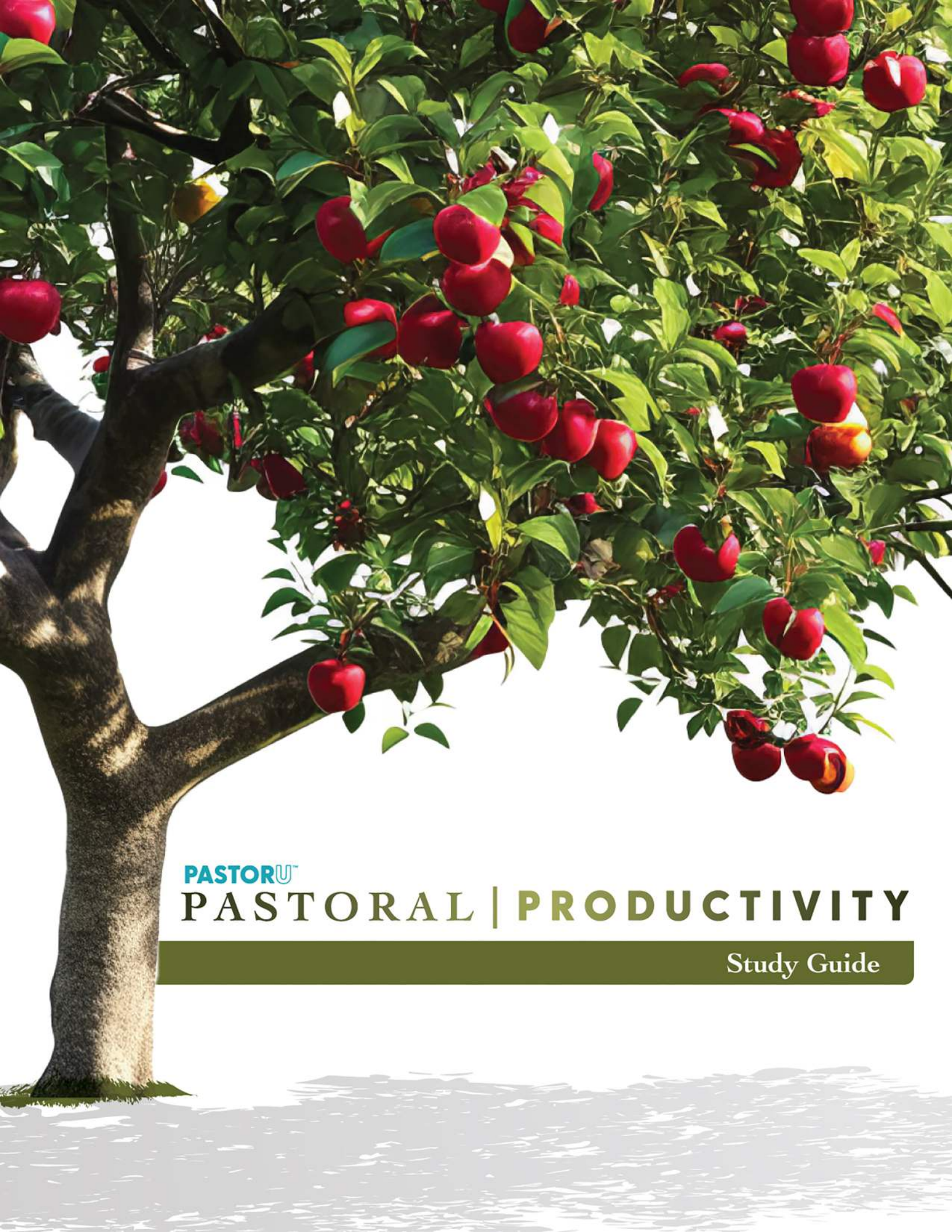




PASTORU™

PASTORAL | PRODUCTIVITY

Study Guide

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Through his email newsletter, weekly podcast, and Redeeming Productivity Academy, Reagan helps equip productivity-minded believers with theological insights and practical strategies for leading a more fruitful and God-honoring life.

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TABLE OF CONTENTS

EPISODE 1	Thistles & Thorns — Unique Challenges to a Fruitful Ministry	3
EPISODE 2	Planning the Garden — Goals & Long-Term Planning	4
EPISODE 3	Planting Your Weekly Schedule	5
EPISODE 4	Watering Your Garden — The Pastor's Morning Routine	6
EPISODE 5	Pruning Your Schedule — Creating Margin for Focused Work	7
EPISODE 6	Weeding the Garden — Keeping Up with Everything Else	8
EPISODE 7	Enjoying the Harvest — Creating Ministry-Life Balance	9
EPISODE 8	Seasons of Life — How to Avoid Ministry Burnout	10

WELCOME

This course is built on a simple truth: **fruitful ministry must be cultivated**. Like a garden, your calling as a pastor requires planning, planting, watering, pruning, and weeding. It's not about being efficient like a factory, but fruitful like a tree rooted in Christ.

This study guide accompanies the video lessons and is structured to help you reflect, apply, and grow. You'll also find worksheets referenced throughout the sessions to help you take action and build your productivity systems.

We pray this course will encourage you as you seek to serve Christ and His church with greater faithfulness and fruitfulness.



E P I S O D E 1
THISTLES & THORNS

KEY TEXTS

- Genesis 3:17–18
- John 15:5
- James 3:1

MAIN IDEA

Ministry in a fallen world presents unique productivity challenges. Fruitfulness in the pastorate requires understanding and overcoming these challenges with wisdom, intentionality, and abiding in Christ.

Common Challenges Pastors Face

- **The Burden of a High Calling**
 - The seriousness of pastoral responsibility can lead to overwork, neglecting personal and family life, or succumbing to spiritual warfare.
- **A Self-Directed Schedule**
 - Without a structured schedule, pastors may drift into either laziness or overcommitment—both of which undermine long-term fruitfulness.
- **Balancing Deep Work and People Work**
 - The pastor must be both a herald of God's Word and a shepherd of God's people, requiring wisdom to balance study time and availability for personal ministry.

How to Cultivate Fruitfulness in Ministry

- Embrace the **high calling** while setting wise limits. Faithfulness includes tending to your own soul and family, not just your flock.
- Create **structure for your week**, acknowledging that growth requires diligence and cannot be rushed.
- Develop rhythms for both **focused study** and **relational shepherding**, recognizing both as vital to your calling.
- Remember that the goal is not efficiency but **fruitfulness**—you are cultivating a garden, not running a factory.

Personal Reflection

- Which of the three challenges—your high calling, your unstructured schedule, or the tension between study and shepherding—most affects your fruitfulness right now?
- How might Christ be inviting you to grow in this area?



EPISODE 2 PLANNING THE GARDEN

KEY TEXTS

- Proverbs 20:4
- Romans 15:23–29
- 1 Corinthians 3:6

MAIN IDEA

Fruitful ministry doesn't happen by accident. Faithful pastors make intentional, prayerful plans—both for their churches and their personal growth—while remaining open to God's redirection.

Common Challenges Pastors Face

- Believing that **planning is unspiritual**, as though faith and strategy are at odds
- Leading with **vague goals** that result in busyness but not progress
- **Neglecting personal growth**, assuming that ministry activity is enough
- Failing to adjust plans when the **season of life or ministry changes**

How to Plan Faithfully

- **Don't confuse planning with pride.** God works through means—planning is part of your stewardship.
- **Hold your plans with an open hand.** Be ready for God to redirect you, but don't use that as an excuse to not be proactive.
- **Set clear, written goals** for both ministry and personal life. What do you want to be true in 6 months? In 5 years?
- **Ask strategic questions:** Who is this for? What's the timeline? What does success look like?
- **Distinguish between personal and church goals.**

Personal Reflection

- Do you have specific written goals for your life and ministry?
- In what ways might your planning better reflect faithful stewardship rather than vague intentions?

Use the included goal-setting worksheet to plan your goals



EPISODE 3

PLANTING YOUR WEEKLY SCHEDULE

KEY TEXTS

- Proverbs 21:5
- Psalm 103:14

MAIN IDEA

Creating a weekly schedule is one of the most effective ways a pastor can improve the stewardship of his time. A well-planned schedule helps address the key challenges of ministry.

Common Challenges Pastors Face

- Living reactively, letting the **urgency of Sunday** dictate the whole week
- **Neglecting balance**, resulting in overwork or under-focus in key areas
- **Overcommitting** out of guilt or people-pleasing
- Failing to acknowledge **human limitations** and trying to do too much

How to Steward Your Week Faithfully

- See your schedule as a **budget for your time**
- Use your schedule to **create balance**, allocating time for family, study, meetings, and rest.
- Allow your schedule to remind you of your **finitude**.
- **Plan for margin and interruptions**, but a schedule serves as a thoughtful baseline.
- Regularly revisit and revise your schedule to ensure it fits your current season and responsibilities.

Personal Reflection

- What does your current weekly schedule say about your priorities?
- How could planting your week more intentionally help you be both faithful and fruitful?

Utilize the included weekly schedule template to design your week. You can also find a digital version of this tool, along with example schedules from pastors and other vocations [here](#).



EPISODE 4 WATERING YOUR GARDEN

KEY TEXTS

- Psalm 1:2–3
- Mark 1:35

MAIN IDEA

To bear fruit in ministry, pastors must tend to their own growth first. A well-crafted morning routine is a powerful way to nourish heart, mind, and body—drawing daily strength from the Lord before the demands of ministry arise.

Common Challenges Pastors Face

- Assuming **ministry activity is a substitute for personal devotions**
- Failing to plan for personal growth, and therefore **neglecting it**
- Letting the **urgency of others' demands** push out quiet, consistent time with the Lord
- Treating mornings as **random or rushed**, rather than intentional

How to Create a Fruitful Morning Routine

- Prioritize **Grow Time**—a daily block of time for spiritual, mental, and physical growth.
- Use the **P.O.W.E.R. Morning** framework:
 - **Pray** – Cast your cares and commune with God.
 - **Organize** – Review your day and set your top priorities.
 - **Word** – Spend unhurried time in Scripture for your soul, not just sermon prep.
 - **Exercise** – Steward your body to boost energy and focus.
 - **Read** – Nourish your mind with truth and insight from good books.
- Start small, but **be consistent**. Habit stacking (linking new habits to existing ones) can increase success.
- View morning disciplines not as burdens, but as **watering the roots** for a fruitful day.

Personal Reflection

- What habit, if begun tomorrow morning, would most help you grow in Christlikeness and fruitfulness?
- How might reframing your morning as Grow Time help you see it as a stewardship, not a luxury?



EPISODE 5 PRUNING YOUR GARDEN

KEY TEXTS

- Ephesians 5:15–16
- John 15:2

MAIN IDEA

To teach effectively and lead faithfully, pastors need focused time to study and prepare. But without protecting space for this deep work, ministry distractions will inevitably crowd it out. Pruning your schedule—saying “no” to some things—is essential for long-term fruitfulness.

Common Challenges Pastors Face

- **Allowing constant interruptions** to override preparation time
- Feeling **guilty for being unavailable**, even during critical work
- **Failing to communicate boundaries** to staff or church members
- Treating the schedule as inflexible, or the opposite—completely abandoning it

How to Preserve Time for Focused Work

- Schedule **Goal Time**. This is a 2–4 hour block, once or twice per week, dedicated to sermon prep or strategic planning.
- **Communicate your schedule clearly** to your team and congregation with love and purpose (e.g., “I need to be uninterrupted at times so I can feed you well”).
- **Guard your door, silence notifications, and delegate gatekeeping** when possible.
- Learn to discern: An interruption isn’t automatically an emergency.
 - **“An emergency is an unplanned priority.”**
 - **“An interruption is a distraction from your priorities.”**
- Be **rigid with your priorities, but flexible with your schedule**. True emergencies may call for pivoting from the schedule. Welcome these divine interruptions.

Personal Reflection

- What regularly distracts you from focused preparation or strategic work?
- How could pruning your schedule better reflect your calling to both study and shepherd?



EPISODE 6

WEEDING THE GARDEN

KEY TEXTS

- Proverbs 24:30–31
- 1 Corinthians 14:40

MAIN IDEA

A fruitful ministry requires both growth work and maintenance work. Administrative tasks may not feel like ministry, but if left untended, they can choke out fruitfulness. The key is to manage the weeds to keep them from taking over.

Common Challenges Pastors Face

- Letting **administrative work overtake** preaching, shepherding, and prayer
- Becoming **addicted to quick wins** from small tasks and neglecting deeper work
- **Confusing urgency with importance**, leading to reactive ministry
- Attempting to manage endless to-dos without clear boundaries

How to Contain the Weeds

- Schedule **Grit Time** – focused blocks of time reserved specifically for admin, email, and maintenance tasks.
- Use **theme days** (e.g., Tuesdays and Thursdays for correspondence) to create structure and reduce decision fatigue.
- Batch small tasks into **Grit Sessions** (30–60 minutes), so they don't leak into your entire day.
- View Grit Time as **defensive scheduling**: It exists to protect Grow and Goal Time from being crowded out.
- Don't try to do everything—**prioritize what only you can do**, and delegate the rest when possible.

Personal Reflection

- Are the weeds of administration overtaking your time for growth work?
- What one change could you make this week to better contain your Grit Time?



EPISODE 7

ENJOYING THE HARVEST

KEY TEXTS

- 2 Timothy 2:6
- Ecclesiastes 3:13

MAIN IDEA

Pastors are nearly always on call, ready in season and out, but ministry-life balance is not only possible, it's biblical. When we view rest as a gift from God, we are free to enjoy it without guilt and release it without bitterness when duty calls.

Common Challenges Pastors Face

- **Guilt when resting**, as if time off is unfaithful
- Treating downtime as “**me time**” instead of seeing it as a stewardship
- Becoming **resentful** when rest is interrupted by ministry needs
- Failing to model a healthy rhythm of **work and Sabbath** for their family and congregation

How to Cultivate a Healthy View of Rest

- Recognize **Gift Time** – the time outside of ministry duties – as a *gift* from God, not a personal entitlement.
- Receive rest **with gratitude**, not guilt. Resting in God's provision is an act of faith.
- Be ready to **release rest joyfully** when truly urgent needs arise. You're a steward, not an owner, of your time.
- Train your **family to adopt the same posture**, preparing their hearts for the interruptions that occasionally come with your calling.
- Remember: **Simply enjoying God's blessings with thanksgiving is itself an act of worship.**

Personal Reflection

- Do you receive rest as a gift or treat it like something you've earned?
- How can reframing your “free time” as **Gift Time** help you embrace both rest and sacrifice more joyfully?



E P I S O D E 8

BURNOUT

KEY TEXTS

- Ecclesiastes 3:1
- 2 Corinthians 1:8

MAIN IDEA

Burnout in ministry is real, but it's not inevitable. By recognizing the seasons of life and ministry and adjusting accordingly, pastors can avoid unnecessary exhaustion and steward their energy for the long haul.

Common Challenges Pastors Face

- **Expecting constant balance** across every area of life
- **Clinging to old schedules** that no longer fit the current season
- Ignoring warning signs until burnout has already taken hold
- Believing that exhaustion is always a mark of faithfulness

How to Guard Against Burnout

- **Schedule to suit the season.** Ministry rhythms shift—so should your time commitments and expectations.
- **Plan regular self-check-ins.** Set aside a quarterly half-day to reassess goals, energy, and spiritual health.
- **Pursue balance as an average,** not a constant. Some seasons require more in one area and less in another—just don't let temporary imbalances become permanent patterns.
- **Acknowledge your limits** without shame. God works through dust.
- **Counterbalance intentionally.** After busy seasons, make space for recovery, sabbatical, or family focus.

Personal Reflection

- What season are you in right now? Are you adjusting your schedule and expectations accordingly?
- What needs to be removed, renewed, or restored in your current pace of life?

Self-Evaluation

Prayerfully consider how faithful you have been in each domain, based on your “Well Done” statement and 5-Year Aspirations.

Grade yourself in each domain, 1–5 (1 being not so faithful, 5 being consistently faithful).

A circular self-evaluation chart divided into seven equal segments by lines radiating from a central circle. The segments are labeled as follows:

- INTELLECTUAL** (top-left segment)
- PHYSICAL** (top-right segment)
- RECREATIONAL** (right segment)
- ECONOMICAL** (bottom-right segment)
- VOCATIONAL** (bottom-left segment)
- RELATIONAL** (left segment)
- SPIRITUAL** (center circle)

Each segment contains a horizontal line for a grade, and the center circle also contains a horizontal line for a grade.

Goal Brainstorm

Use your self-assessment results to help you brainstorm goals for domains where your faithfulness could use some improvement.

Goal Plan

Definition of Done

DESCRIBE YOUR GOAL AS IF IT WERE ALREADY COMPLETED

Domain

End Date

How This Goal Glorifies God

Weekly Waypoints

KEY ACTIONS, PROJECTS, OR HABITS THAT WILL HELP YOU REACH YOUR GOAL

COMMITMENT

DUE

Example 1: COMMITMENT = "Workout 3x per week," DUE = "M, T, F"
Example 2: COMMITMENT = "Launch website" DUE = "Week 4"

Resources

ARE THERE ANY PEOPLE, PURCHASES, OR OTHER RESOURCES YOU NEED TO SUCCEED?

RESOURCE	WHEN WILL YOU GET IT?

Schedule

☐ SCHEDULE TIME BLOCKS INTO WEEKLY SCHEDULE TO WORK ON GOAL

Strokes

(30 MINUTES = 1 STROKE, 60 MINUTES = 2 STROKES)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
01								
02								
03								
04								
05								
06								
07								
08								
09								
10								
11								
12								
13								

GRAND TOTAL

Weekly Schedule

BLOCK OUT AN IDEAL WEEKLY SCHEDULE THAT INCLUDES TIME DEDICATED TO YOUR GOAL(S).

	SUN	MON	TUE	WED	THU	FRI	SAT
THEME							
04							
05							
06							
07							
08							
09							
10							
11							
12							
01							
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