

CONGREGATIONAL SUPPORT MAPPING TOOL

You care for the church—but who in the church is caring for you?

INSTRUCTIONS:

This tool is designed to help you take stock of the actual—not assumed—support you receive within your ministry setting. Support isn't just about people being kind; it's about consistent, reliable structures that care for you as a leader. This worksheet will help you identify what support exists, what's missing, and where boundaries may need to be redrawn.

Step 1: Support Roles Inventory

Fill in the people who currently fill these roles in your church—or note if they're missing or unclear.

Support Role	Name	Do They Offer Real Support?
Pastoral Relations / Care Committee		☐ Yes ☐ No ☐ Sometimes
Trusted Elder or Deacon		☐ Yes ☐ No ☐ Sometimes
Administrator / Operations Lead		☐ Yes ☐ No ☐ Sometimes
Prayer Intercessor for Pastor		☐ Yes ☐ No ☐ Sometimes
Lay Leader or Ministry Liaison		☐ Yes ☐ No ☐ Sometimes
Personal Ministry Friend / Ally		☐ Yes ☐ No ☐ Sometimes
		☐ Yes ☐ No ☐ Sometimes
		☐ Yes ☐ No ☐ Sometimes
		☐ Yes ☐ No ☐ Sometimes



Step 2: Boundaries and Burdens

Are there people in my church who expect access to me beyond what’s healthy? ☐

☐ Yes

☐ No

If yes, who—and how is that affecting me?

Are there people I trust deeply but rarely ask for help? Why not?

Step 3: Growing the Support I Need

One support role I wish were clearer or more active:

One person I’d like to talk to about this:

A specific request I could make (but haven’t yet):



Step 4: Support Circle Section

Spiritual Support

Examples: Prayer partners, elder who checks in, spiritual director

List who currently supports you spiritually (or leave blank if no one):

Practical Support

Examples: Admin help, tech/media volunteers, event coordinators

List your consistent practical helpers:

Emotional Support

Examples: Safe confidants, mentors, clergy friends, therapist

List those who care for your emotional health:

Reflection Prompt:

Which area feels most supported—and which feels neglected?

What would help fill that gap?

Step 5: Who Is Missing?

It's not a failure to name the gaps—it's wisdom.

Sometimes the support we need hasn't shown up yet—or hasn't been clearly asked for. Use the space below to name any role, relationship, or kind of care you wish you had in your ministry context.

I wish I had someone to...

A role that needs to be clarified or activated is...

I need more support with...

I'm afraid to ask for help because...



Step 5: Jesus Had a Circle Too

Even Jesus didn’t walk alone. He had an inner circle (Peter, James, John), trusted companions (the Twelve), and others He ministered to but didn’t confide in. When we try to do ministry without that kind of support—we're not being holy. We're being vulnerable in the wrong ways.

“He appointed twelve that they might be with him...” — Mark 3:14

Reflection Prompt:

If Jesus needed community, why do I sometimes believe I’m supposed to carry ministry alone?

What part of me resists receiving care—even when it’s offered?

What would it look like to let someone be with me in my calling?

AFFIRMATION:

My needs are not a burden. I am worthy of care, clarity, and consistent support.

