HWL THE HEALTHY WORSHIP LEADER

7 day *Reset*

Sunday matters.
So do you.

HELPING WORSHIP LEADERS THRIVE IN MINISTRY AND LIFE.

ABOUT THE FOUNDER

I’m in the work *with you.*

Hey, I’m Ben.

I’m a worship pastor, husband to Katie, dad to twin boys, and the founder of The Healthy Worship Leader.

I’ve spent my life in and around worship ministry: planning services, leading teams, writing songs, and walking with people who carry this beautiful calling.

I know how easy it is to give your best to ministry and have very little left for seemingly everything else in your life.

My hope is that these pages give you some room to navigate that tension and that the Holy Spirit would speak to you in a new and fresh way.

Your life with God, your relationships, and your own growth deserve care. I’m honored to walk with you.

Ben Kafer

You have a calling to carry.
Make sure your life is strong enough to bear it.

Say hello: ben@the-healthyworshipleader.com

Your life deserves *your attention.*

Ministry touches your faith, relationships, work, and everyday life. That can be beautiful. This means that it also deserves care so that what is all-encompassing does not become all-consuming.

HWL exists to help worship leaders thrive in ministry and life through resources like this one, encouragement, and coaching opportunities.

"Come with me by yourselves to a quiet place and get some rest."

MARK 6:31 · NIV

A simple way to approach each day of this guide.

Read. Open the full passage in your Bible. Notice what it reveals about God.

Respond. Choose one way to honestly respond and make the prayer your own.

Practice. Try the day's small action in your actual life.

The 7 pillars of a *Healthy Worship Leader.*

These seven pillars are the framework behind HWL.
These areas help you notice how your whole life fits together.

1. **Faith**
   Deepen your life with God beyond what you do for Him.

2. **People**
   Give your closest relationships the gift of your presence.

3. **Ministry**
   Build serving rhythms that help you be fully present.

4. **Leadership**
   Lead with a presence that makes room for grace and growth.

5. **Well-being**
   Care for your body, mind, and soul as part of a faithful life.

6. **Creativity**
   Enjoy curiosity, beauty, and creating without comparison.

7. **Stewardship**
   Use what you've been given in ways that support your whole life.

Be with *Jesus.*

John 15:5 · NIV

For more context: John 15:1–11

"Apart from me you can do nothing."

From leading for God to living with God

Ministry can become a substitute for intimacy.

When your relationship with God is filtered through your role, you can forget how to actually just receive His love. Jesus invites you to remain in Him.

Maybe the pressures and responsibilities of the day get your attention before you open your Bible. Try pausing long enough to enjoy being with Jesus before you produce something for him and find the peace and joy that comes from having nothing to prove.

Pause & reflect.

If your role in ministry disappeared, what would your relationship with Jesus look like?
What helps you enjoy being with Him?

Notice the pressure: "God needs me to do this."

Receive this truth: "God invites me to be with Him before I ever work for Him."

One practice to try.

Take a 15-minute walk without music, or sit somewhere quiet. Pray, "Here I am, Lord."
Let this time belong to your own relationship with Jesus.

Two-minute start: Sit quietly, read John 15:5, and tell Jesus what is on your mind.

Pray. "Jesus, teach me to remain, not perform.
Help me love You for who You are, not just what You can do through me or for me."

Make room *to love.*

1 Peter 4:8 · NIV

For more context: 1 Peter 4:7–11

"Above all, love each other deeply, because love covers over a multitude of sins."

From isolated to known

Your relationships deserve the same attention you give your ministry.
God has placed people in your life to love, enjoy, and walk alongside. They are part of your calling.

It can be easy to measure success by how people at church see you while overlooking how those closest to you feel around you.

A friend, spouse, child, or neighbor may simply want the attention you are giving to ministry instead. Make room to be known by those around you as well as to care for and love others.

Pause & reflect.

Who have you been overlooking because you've been over-functioning?
Who needs less of your perfection and more of your presence?

Notice the pressure: "I don't have time for deep relationships right now."

Receive this truth: "The people in front of me are part of the ministry God has given me."

One practice to try.

Choose one person you have been too busy for. Invite them into an unhurried conversation.
Ask, "What has life felt like for you lately?"

Two-minute start: Send a message asking when you can catch up, and suggest a time.

Pray. "Father, slow me down enough to truly see the people You've placed in my life.
Teach me to love deeply, listen fully, and live open-handedly."

Serve with room *to breathe.*

Luke 10:41-42 · NIV

For more context: Luke 10:38–42

"Martha, Martha, you are worried and upset about many things,
but few things are needed - or indeed only one."

From output to overflow

Busyness isn't always synonymous with fruitfulness.

In Martha's many responsibilities, Jesus invites her to notice what matters most: Him.
Your preparation and service matter, and so does your attention to Him.

Saying yes to every request can leave you physically present while your mind is elsewhere.
Be intentional about choosing to focus on something better.

Pause & reflect.

Where have you mistaken busyness for effectiveness?
What part of your ministry would benefit from more attention rather than more activity?

Notice the pressure: "Doing more means reaching more."

Receive this truth: "Fruit grows from abiding in Jesus."

One practice to try.

Look at the next seven days on your calendar. Mark one draining commitment and one restoring one.
Choose one adjustment: ask for support, clarify an expectation, or protect a pause.

Two-minute start: Open your calendar and name one commitment that needs attention.

Pray. "God, free me from the addiction to activity. Teach me to serve from rest, not rush."

Help people *grow.*

Proverbs 27:23 · NIV

For more context: Proverbs 27:23–27

"Be sure you know the condition of your flocks,
give careful attention to your herds."

From control to cultivation

Healthy leaders cultivate a culture where people can grow. This is intentional work.
Knowing those you lead takes attention, curiosity, and care, and it requires you to take on an understanding that their lives matter beyond their part on your team.

Try enjoying your team, communicating clearly, and noticing their effort.
Hold meaningful standards with patience and warmth.

Pause & reflect.

What do people experience when they leave your presence?
Where could you bring more peace, clarity, or encouragement?

Notice the pressure: "It's all on me."

Receive this truth:
"I can lead with surrendered dependence on God and make room for others to contribute."

One practice to try.

Encourage one person on your team with something specific you appreciate.
At your next rehearsal or meeting, ask how they are really doing and make room to listen.

Two-minute start: Send one specific thank-you: "I noticed… It made a difference because…"

Pray. "Jesus, lead me in humility.
Help me shape a culture of grace and growth, not fear and performance."

Receive *rest.*

Psalm 23:2-3 · NIV

For more context: Psalm 23

"He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

From hustle to wholeness

Rest is a gift to receive.
Psalm 23 invites you to trust the Shepherd who leads, restores, and stays near.

Pay attention to the connection between your physical, emotional, and spiritual life.
Sleep, appropriate movement, nourishing meals, friendship, and prayer all have a place.
Build rhythms into your life that promote moments of real rest.

Pause & reflect.

What has your body been trying to tell you?
Where do you feel depleted, and what rhythms help you feel like yourself again?

Notice the pressure: "I'll rest when things slow down."

Receive this truth: "I can make room for rest and ask for help with what needs to change."

One practice to try.

Protect one evening this week from church planning and preparation.
Choose something restful and agree on the plan with anyone who shares your responsibilities.

Two-minute start: Choose a realistic rest window and put it on your calendar.

Pray. "Father, thank You for making me human. Teach me to rest as worship, not weakness.
May I live from peace, not push, and lead others into the same."

Make room *for wonder.*

Exodus 31:3 · NIV

For more context: Exodus 31:1–6

"I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills."

From pressure to play

God equips Bezalel with skill for the tabernacle. Craftsmanship belongs in the life of God's people. Your gifts deserve attention and practice, with room to explore beyond comparison.

Beauty is often waiting in ordinary places: morning light on your coffee, laughter from another room, rain against a window. Let something small awaken your wonder. Make something simply for delight.

Pause & reflect.

When did creating stop feeling like joy and start feeling like work?
What would you enjoy exploring if no one needed to see the result?

Notice the pressure: "I'm not as talented as they are."

Receive this truth: "God has given me gifts to enjoy, develop, and share faithfully."

One practice to try.

Spend ten minutes making something no one else needs to see. Write, draw, sing, or explore an idea. Notice what you enjoy before deciding whether it is useful.

Two-minute start:
Notice one ordinary detail of beauty and respond with a line, sketch, or melody.

Pray. "God, help me play again.
Awaken my wonder and remind me that all beauty points back to You."

Choose with *intention.*

Luke 16:10 · NIV

For more context: Luke 16:10–13

"Whoever can be trusted with very little can also be trusted with much."

From scarcity to sustainability

Your time, energy, finances, and influence are gifts to steward.
Faithfulness grows through ordinary choices.
Begin with what God has entrusted to you in this season.

More opportunities and responsibilities can fill open space and crowd out your ability to truly steward something well. Sometimes good things can push out the best things.
Consider your relationships, responsibilities, and who you are becoming.
Welcome growth at a pace that leaves room for what matters most.

Pause & reflect.

Where do you need to say no to protect what matters?
What deserves a more intentional yes in this next season?

Notice the pressure: "If I slow down, I'll fall behind."

Receive this truth: "I can be faithful to my responsibilities without chasing every opportunity."

One practice to try.

Write your top three priorities for the next 90 days. Compare them with your commitments.
Choose one to simplify, share, or decline while honoring your responsibilities.

Two-minute start: Name one priority and one calendar choice that would support it.

Pray. "Lord, teach me to live with intention.
Help me build rhythms that keep me attentive to Your presence for decades, not days."

What are you *taking with you?*

What did I notice about God, myself, or the way I am living?

What did I actually try? What happened when I did?

What is already healthy, and what still needs care or support?

Which practice would be worth repeating? Why?

Simple Rhythms

A “rule of life” is a set of rhythms that helps you live with intention.
Write down one practice for each pillar. Use the examples below to help you get started.

Faith

Example: Begin the day with silence and Scripture.

People

Example: Make room for an unhurried conversation.

Ministry

Example: Review the week before saying yes to more.

Leadership

Example: Celebrate and encourage someone on your team.

Well-being

Example: Protect a realistic rhythm of rest.

Creativity

Example: Make something for enjoyment.

Stewardship

Example: Review your time and resources with intention.

CONTINUE WITH HWL

The 30-day guide.
Grow with even more intention.

A guided month toward a healthier life
with God, people, and ministry.

The 30-day guide offers Scripture, reflection, guided prayer, and practical steps across the seven pillars. It gives you a place to return as you develop a healthier rhythm of life and ministry.

Inside the 30-day guide.

Scripture & reflection

Keep returning to Jesus as you give attention to your whole life.

Prayer & practical steps

Put what you are learning into practice in your relationships, leadership, and everyday rhythms.

Growth across the seven pillars

Explore faith, people, ministry, leadership, well-being, creativity, and stewardship.

Explore the 30-day guide →

Keep growing.
There's room for you.

Thank you for slowing down these past 7 days, being honest, and for choosing to give your ministry and your life this attention.

My prayer for you is that you'd continue taking consistent steps toward health.

May your life with Jesus keep growing in ordinary moments, and may you find joy in the people and gifts He has placed around you.

Thank you for leading people toward Jesus through worship.

It is crucial that you stay healthy so you can thrive in ministry and life for the long haul.

I'm cheering for you.
Ben

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Explore more through HWL.

Listen to the **podcast**, continue with the **30-day guide**, take the **7-pillar assessment**, follow along on **social media**, or explore **coaching opportunities**.

the-healthyworshipleader.com →