



# Less Stress Preaching & Prep

*How to Reset Your Preaching during a Pandemic*  
Rev. Raquel S. Lettsome, Ph.D.

NAME YOUR  
FEARS:

ASSESS THE  
NEEDS

NEEDS	YOU	OFFERING

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WHAT  
CHANGES DID  
YOU DREAM  
OF BEFORE  
COVID-19?

NON  
NUMERIC  
WINS:

SERMON  
COMPLETION  
DAY:

PLAN YOUR  
PREP:

<b>S</b>	<b>E</b>	<b>A</b>	<b>T</b>