

Title: Podcast: “The Missionary Brain Under Pressure”

December 1, 2025

Greetings all,

Just a quick note to let you know about a really fun podcast that has just been released: “The Missionary Brain Under Pressure,” from an interview I did with Stephanie Gutierrez (Modern Day Missionaries).

Main points include:

- What happens in your brain during stress—and why it impacts your ability to connect.
- Why even high-capacity missionaries can feel numb, withdrawn, or disconnected.
- How “relational circuits” work—and simple ways to help them come back online.
- Practical tools to help you re-engage with God, people, and your own emotions.
- How Jesus meets us with gentleness and presence, even when we feel shut down.

To find the podcast:

- All podcast platforms),
- Direct link, <https://www.modernday.org/podcast/the-missionary-brain-under-pressure-dr-karl-lehman/>
- Here is the YouTube video link:
https://youtu.be/PRO1O9EeGAA?si=hhoU6XdS_vCFw4G

Blessings,

Dr. Lehman/Karl

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