

SPENCER DAVIS – SW019

DEALING WITH BURNOUT

“PASTORAL BURNOUT COULD BE DEFINED AS THE MOMENT OR SEASON WHEN A PASTOR LOSES THE MOTIVATION, HOPE, ENERGY, JOY AND FOCUS REQUIRED TO FULFILL HIS WORK, AND THESE LOSSES CENTER UPON THE WORK ITSELF.”

John Henderson

SACRIFICE VS BURNOUT

- ▶ Ministers are called to sacrifice
 - ▶ Think of Paul's life
 - ▶ Think of the persecuted church
 - ▶ If you're looking for an easy job, it's not the ministry.

- ▶ ...but there is a difference between sacrifice and burnout.

“WE ARE VERY FRAGILE. THE TROUBLE WITH BEING STRONG AND HEALTHY IS THAT YOU AND I BELIEVE WE ARE SOMETHING OTHER THAN DUST INTO WHICH GOD HAS TEMPORARILY BREATHED THE BREATH OF LIFE.”

Christopher Ash

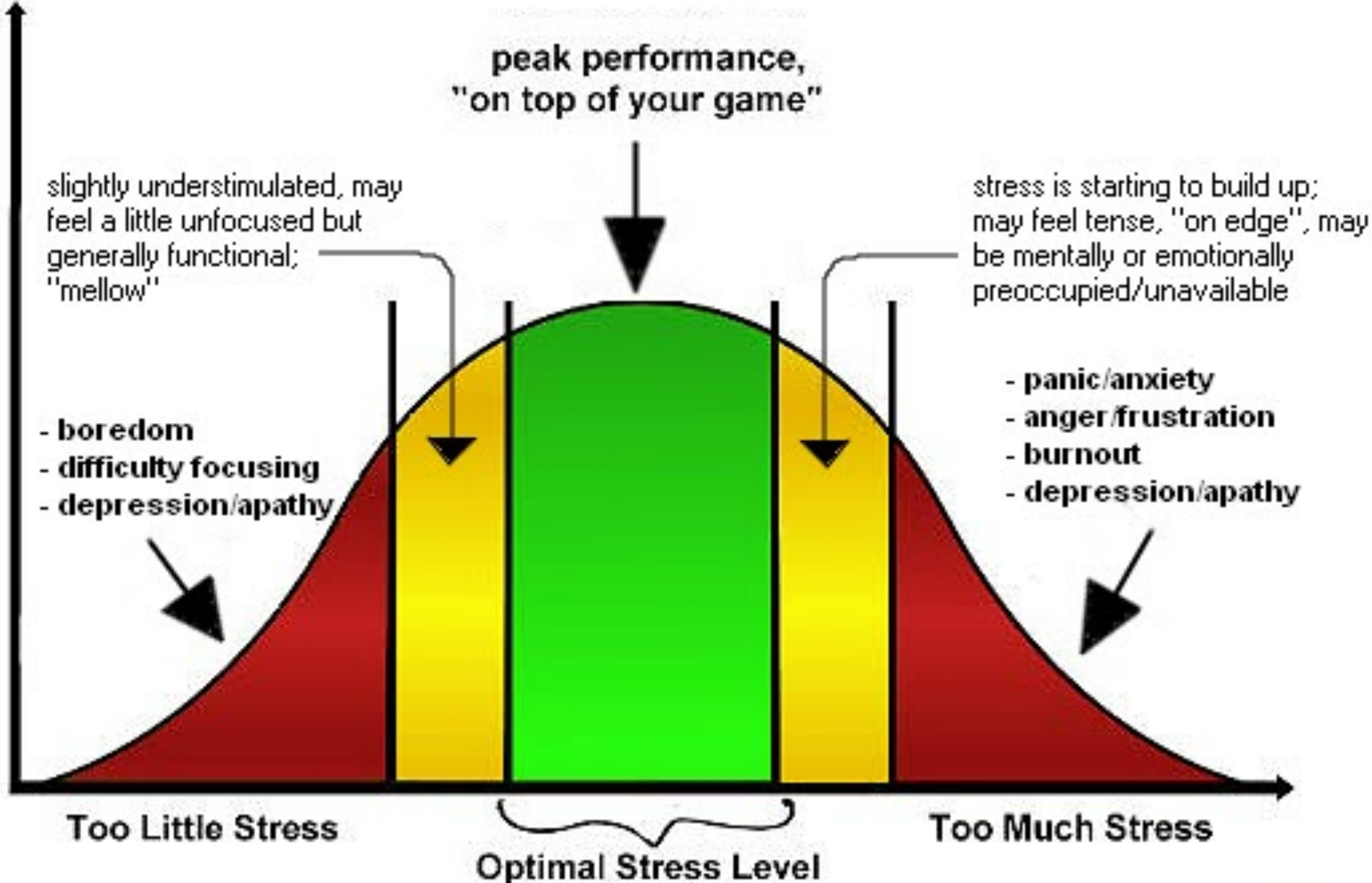
“WE MUST NOT ALLOW OURSELVES TO SLIP INTO A FALSE SPIRITUALITY THAT TREATS OUR BODILY EXISTENCE AS IF IT CAN BE SEPARATED FROM OUR SO-CALLED ‘SPIRITUAL’ LIFE – AS IF OUR SPIRITUAL LIFE CARRIES ON QUITE INDEPENDENTLY FROM WHAT IS HAPPENING TO OUR BODIES.”

Christopher Ash

PSALM 103:14

▶ “For he knows our frame; he remembers that we are dust.”

Ability to Function



Current Amount of Stress

WHY DO WE APPROACH BURNOUT?

1. We think ourselves to be gods. We forget our frame.
2. We need better management.
3. Intensity of stress.
4. Duration of stress.
5. We like the recognition/perception that comes with overworking.

DEALING WITH BURNOUT

- ▶ 1. You need sleep.
- ▶ 2. You need exercise (and good nutrition).
- ▶ 3. You need a Sabbath.
- ▶ 4. You need retreat.
- ▶ 5. You need time with Christ.
- ▶ 6. You need to prioritize, care for and enjoy your family.
- ▶ 7. You need friends.
- ▶ 8. You need a good team/support/partners.
- ▶ 9. You need perspective.

CONSIDERATIONS

- ▶ What if you're already "burnt"?
- ▶ What if your church won't support your ideas/schedule/needs?
- ▶ **These steps aren't to mitigate sacrifice... they are to *ENABLE long-term sacrifice.***

CHRIST IS THE KEY TO RENEWED STRENGTH

- ▶ “For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.” - 2

Corinthians 1:8

CHRIST IS THE KEY TO RENEWED STRENGTH

- ▶ “Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. HE does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up on wings like eagles; they shall run and not be weary; they shall walk and not faint.” - Isaiah 40:28-31

RETURN TO REJOICING IN GOD

- ▶ “So teach us to number our days that we may get a heart of wisdom. Return, O Lord! How long? Have pity on your servants! Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all of our days. Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil. Let your work be shown to your servants, and your glorious power to their children. Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!” - Psalm 90:12-17