



BURNOUT

GENESIS 2:2

And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.

MATTHEW 14:15-16

As evening approached, the disciples came to him and said, “This is a remote place, and it’s already getting late. Send the crowds away, so they can go to the villages and buy themselves some food.” Jesus replied, “**They do not need to go away. You give them something to eat.**”

ECCLESIASTES 3:1

There is a time for everything, and a season for every activity under the heavens

THE TENSION OF WORK AND REST

The irony of ministry is that God set the example for us to rest and yet, at times, He uses us to do His work when we are weak or tired. A great example of this continuous act of adjusting is displayed through the disciples when Jesus feeds the 5,000. This miracle comes on the heels of a long day, one that left the disciples tired and worn out. Jesus asks the disciples to feed the people but all they have are five loaves, two fish, and weary souls. Instead of Jesus telling everyone to go home because they are tired, Jesus uses the unequipped and tired state of His disciples to work a miracle.

It can be difficult to know when to rest and when to keep going. The best tip for seeking balance in ministry is committing to the continuous act of adjusting. We must hear Solomon’s reminder to us in Ecclesiastes 3:1 and remain in prayer, looking to God for guidance.

RECOGNIZING THE SIGNS

As we mentioned in the video, there are many signs that we may be on our way to burnout. We have created this worksheet to help you assess your current state, as well as look for areas you may be vulnerable to fall into the burnout trap.

Before answering the following questions, please take a moment to ask God to open your eyes, heart, and mind to answer honestly so that you may receive valuable insight into how you can best balance your service to Him.





DISCUSSION

Are you seeking to serve God or people? Specifically looking at the areas you give your time, are you seeking to make others happy?

Do you find your value in how much you can accomplish?

Do you hate letting people down so much that you would rather suffer than to do so?

When you serve, what drains you? What energizes you?

How's your relationship with God? How would you describe it?

Do you have a mentor?

How is your home life? Do you have community where you can share life's hardships?

Are you taking a Sabbath *every week* to rest and give thanks to God?

Out of the following common symptoms of burnout, which do you think might show up as the first sign that you need to take time away from ministry? (circle all those you feel you are most likely to experience)

Stress, anxiety, irritability, tiredness, apathy, depression, resentment, lack of self care, withdrawal from others, turning to food or substance abuse, avoiding time with God, gossiping about others within the church, playing the victim and vilifying others.



JOURNAL

Based on your answers above, try to answer the following questions: What did you learn about yourself? How can you better identify the onset of burnout? What ways can you adjust when you feel the onset of burnout? What could help in preventing burnout in the future? Write out a letter to yourself below. What would you tell yourself if you were experiencing burnout?

Now that you have finished this worksheet, please take it to your apprenticeship guide, the youth director, or a trusted spiritual mentor to discuss and come up with a game plan.

