

SCM

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“His God instructs him and teaches him the right way.”

Is 28:26

TIPS for BURN OUT in ministry...

Indicators:

- Lack of clearly defined boundaries – tasks are never done
- Workaholism — not mixing work and play properly
- Leadership / Servant hood tension.
- Time management problems
- Being too serious
- Administration overload
- Loneliness — no soul to soul relations

Warning signs of burnout:

- A belief that they are no longer effective as a worker in His harvest
- A sense that people have become obstacles
- A lack of interest in Bible reading & prayer
- Difficulty rebounding - fatigue
- A tendency to complain and to be irritable
- Withdrawal, sadness, sleep disturbance
- A sense of being unappreciated
- A sense of feeling isolated
- Despair that “the work” will never be finished
- Being impersonal with others

Disciplines to consider:

- Learn the art of relaxing.
- Take time to just sit with the Master and to read His word, while you enjoy the quietness of His peace.
- Take regular time off in general. Even your creator took one day in seven to REST and you aren't stronger or better than He is.
- Get proper exercise.
- Sleep the needed amount your body and soul need.
- Relax and learn to enjoy pure & complete silence.
- Join a small support group made up of your peers.
- Do “cognitive restructuring”: change your thinking – take a personal audit. Adjust inner values through internalizing the word of God.
- Do something fun. Laugh & relax!

(* Larry Russell provided this information.



Contact your ACTION SCM team:

Patrick O'Connor or Paul Goodner

scm@actionintl.org

To UNSUBSCRIBE ☹... unsubscribecm@gmail.com

Sustainable Church Multiplication

