

How to Avoid "Burnout" in Ministry

Before we get to the place where we are ready to throw in the towel and resign from ministry forever, here are a couple of questions for us to reflect on regularly as we serve:



1) How is my relationship with God?

- **We cannot give what we do not have.** If we do not carve out time daily to spend in God's Word and pray to Him, then this is the first place that we must begin. **We cannot serve out of our own means because our own supply will eventually run empty.** As we acknowledge our own weakness, we know that our ability to serve stems from God at work in us. **Consider taking time to come into the presence of God,** as James 4:8 tells us, "Draw near to God, and He will draw near to you."

2) Am I involved in too many activities?

- Or a better question should be: **how many nights a week am I spending away from my home?** If we find ourselves spending more than four nights away from our home, we may be involved in too many activities. **Our devotion to God is not measured by how much work we do for Him;** if that was the case, the Pharisees would not have been heavily criticized by Jesus for their works. Another point is that we may feel there is a lot of work to be done, and we are the only ones who are doing it. We must, however, remember that **kingdom work is held together by the king—Jesus—we are simply privileged to be called to serve.** Maybe the right question to ask is: **am I serving where God has called me?**

3) Am I finding time to rest physically and spiritually?

- Some say, "Rest is for the weak" but the truth is that **we all need to rest.** In Scripture, we find that **even God Himself rested** after He created the world. Physical rest is important, as we need to have sufficient sleep and eat good nutritious meals for our body to feel rejuvenated. **Spiritual rest is finding rest in God;** Augustine famously said, "You have made us for Yourself, O Lord, and our heart is restless until it rests in You."



4) Am I going through something that may require professional help?

- There is no shame in recognizing that we are struggling with something, and the issue is beyond our ability to resolve. Seeking professional help from a doctor or a counsellor is important to make sure we are getting the right care for our need. **While we recognize that it is the Great Physicians who heals us, we also acknowledge that God created earthly physicians to heal us too.**

5) Whom can I reach out to for support?

- **We are not alone.** Especially as Christians, we have the body of Christ as our community of supporters. Who among our church and ministry can we share our burdens with? Galatians 6:2 tells us, "Bear one another's burdens, and so fulfill the law of Christ." **Do not be afraid to reach out to others for prayer and support.**

