

## Practical Ideas for Burned Out People

Request slides by sending an email to Kevin@ShepherdsCanyonRetreat.org



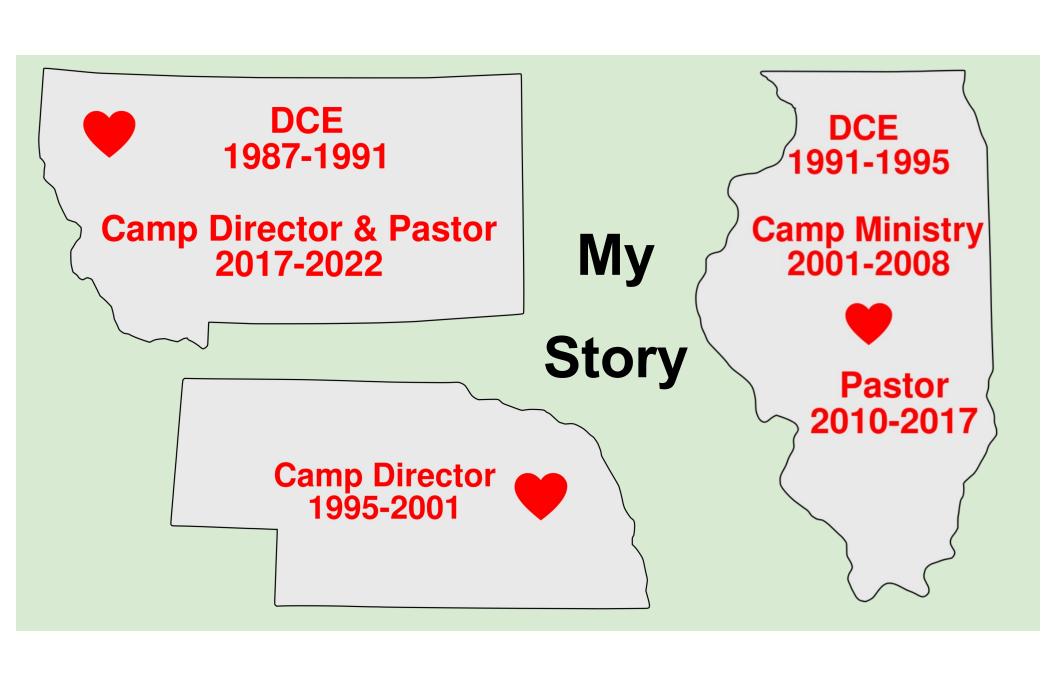
# What are some of the most stressful 3-letter initials in the English language?

I.R.S.

D.M.V.

T.S.A.

## Story of a Burned out Pastor





My Story



transformation training



#### What is Burnout?

Burnout is a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity.



#### Who Burns Out?

#### People helpers who are:

Overly dedicated
Sympathetic
Over-committed
Perfectionistic
Empathetic



#### **Symptoms of Burnout**

Fatigue & exhaustion

Dwindling passion for your work

Less investment in relationships

Becoming more critical & short-tempered

Feeling helpless to solve problems

Feeling like a failure at your job

## **External Sources of Burnout**

Too many responsibilities
Lack of appreciation or support
Inadequate resources / staff
Unresolved conflict
Ever changing government guidelines
Living in a post-Christian era





## Internal Sources of Burnout

Perfectionism
Inability to set boundaries
Low self esteem
Difficulty delegating
Unaddressed emotional issues

## Spiritual Forces of Burnout

We have an adversary
who roams around
seeking whom he may devour.
1 Peter 5:8



## Spiritual Sources of Burnout

Sometimes we believe the lie that God isn't strong enough to do accomplish His will without our help.

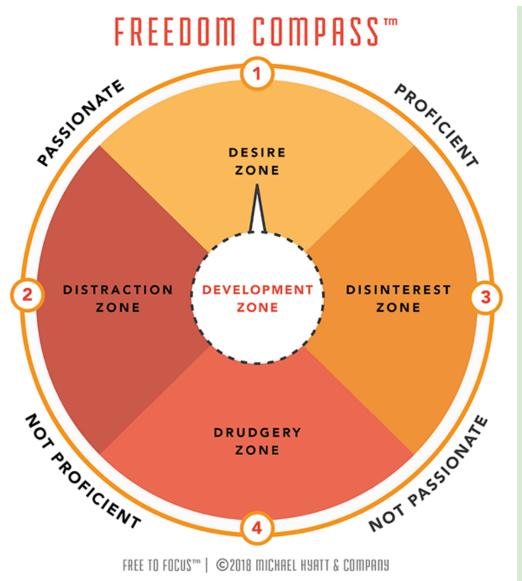


# On the left side of your paper Write down 5-10 things you do in your ministry.

Include things you love/hate & things you are good/bad at.

Next to each item, put a py the ones you are best at and put a by the ones you love to do the most.

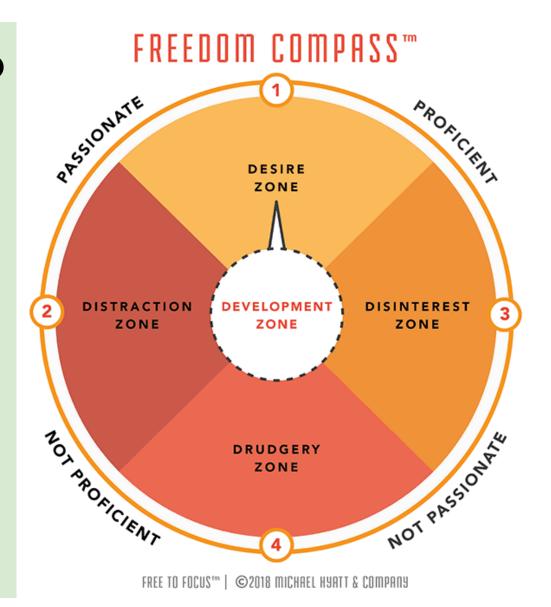






Some people like to detail cars and some don't.

Spend more time doing things that match your passions & your strengths.

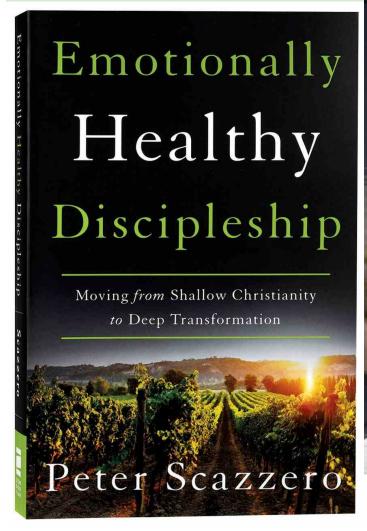


#### Parable of Two Pilots



What are 1-2 areas you can focus on in the next 3 months?

Spiritual Physical **Emotional Financial** Vocational Intellectual Relational

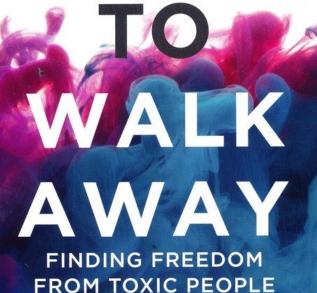




Toxic relationships leave us drained, and we all experience them. If you're wondering what to do next, Gary Thomas has written this practical and helpful book for you.

—Jennie Allen, author of Nothing to Prove, founder of IF:Gathering

### GARY THOMAS WHEN



John Mark Comer

The Ruthless Elimination of

Foreword by John Ortberg

### 10 SYMPTOMS OF HURRY SICKNESS

John Mark Comer

Irritability
Hypersensitivity
Restlessness
Workaholism or just nonstop activity
Emotional numbness
Out of order priorities
Lack of care for your body
Escapist behaviors
Slippage of Spiritual Disciplines
Isolation

## It takes a lot of faith to take a Sabbath day of rest.

What does this mean?



#### Matthew 11:28-30

"Are you tired? Worn out?
Burned out...? Come to Me.
Get away with Me and work
with me...watch how I do it.
Learn the unforced rhythms of grace.
I won't lay anything heavy or ill-fitting on
you. Keep company with Me and you
will learn to live freely and lightly.



#### Weak Days (Don't Rush This)

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I feel this pain I know it won't last Someday soon it'll all be past Don't rush this. Don't rush this.

You take my hurt and all that's sad Use it for good, all the struggle I had Don't rush this. Don't rush this.



Chorus: 'Cause even on my weak days
I know You're working always
Though my weak won't end
until you begin
To shape what's left of this clay

Father let Your will be done
Until I finally become
What You've always meant for me to be
The image of Your Son

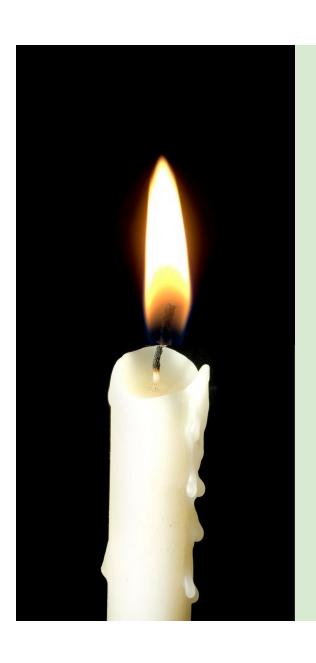


I know you're here. I'm sure of that.
Where I go is where You're at.
Don't rush this. Don't rush this.



Chorus: Even on my weak days
I know You're working always
Though my weak won't end
until you begin
To shape what's left of this clay

Father let Your will be done
Until I finally become
What You've always meant for me to be
The image of Your Son



#### **Bridge:**

Make my life a lot less broken down
Sew new seeds on this open ground
With wounds cut deep
that the world can see
You're helping others
by Your healing in me



Run with Passion. Rest on Purpose.

Champions Rest. Equips Leaders. Transforms Lives.

Support

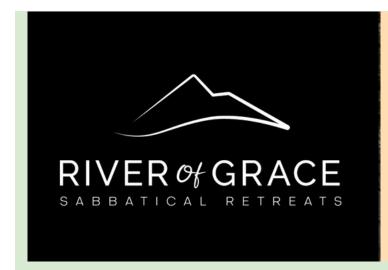
Stress Management Self Care

Sabbath Keeping

"(Jesus) said to them,
'Come aside by yourselves
to a deserted place and
rest a while."

Mark 6:31-32





## River of Rest Lake Almanorca 916-812-1555 JudyannGallego @yahoo.com



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Directory of Ministries

Many churches and schools have unhealthy systems in place that don't promote healthy workers or expectations.

You can't control them, but you can take charge of your own life.

#### Remember priorities.

You (and your family if you have one) come before work.

You can't care for others when you or your family is falling apart.

## DELIGHT Naryour

transformation training







#### What To Expect

At the Weekend to Remember marriage retreat, you'll:

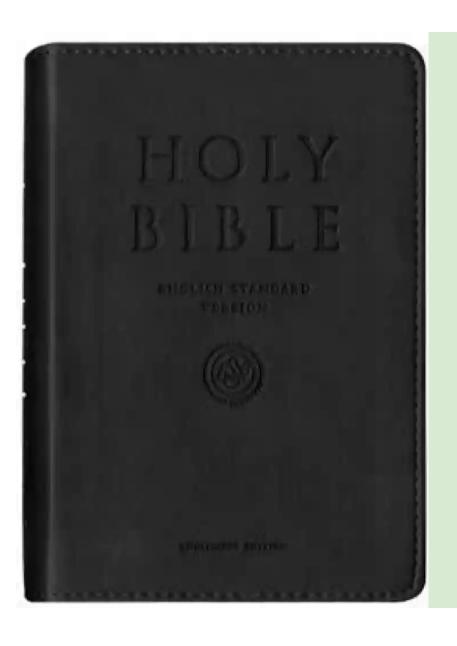
- Find lifetime tools to strengthen your relationship—no matter how firm or fragile.
- Hear engaging talks from marriage experts.
- Get alone with your spouse in guided, practical-application projects. Create wow-level memories.

#### What You'll Learn

#### How to:

- $\ensuremath{\checkmark}$  Handle issues as they arise, rather than letting resentment fester.
- ✓ Express feelings positively, so your partner remains engaged.
- ✓ Maintain a vital sexual connection.
- ✓ Forgive freely and completely.
- ✓ Increase your commitment—and your closeness.



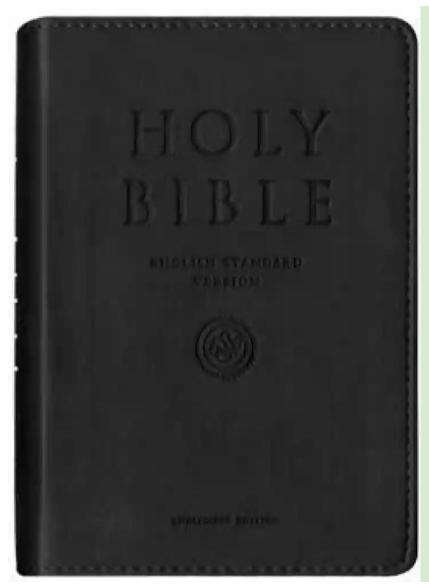


### Fruits of the Spirit

love, joy
peace, patience
kindness, goodness,
faithfulness, gentleness,
self-control

Galatians 5:22-23

These are not rules, but results.



### 1 Corinthians 13:4-5

\_\_\_\_\_ patient
\_\_\_\_ kind
\_\_\_\_ does not envy
\_\_\_\_ does not boast
\_\_\_\_ not proud
\_\_\_ does not dishonor others
\_\_\_\_ not self-seeking
\_\_\_ not easily angered
\_\_\_ keeps no record of wrongs

# Burnout vs. Compassion Fatigue

What is the difference between Sympathy, Empathy, & Compassion?



# Sympathy



**Empathy** 



Compassion

### What is compassion fatigue?

Compassion fatigue is the physical, psychological, & emotional impact of helping people who have experienced trauma, especially when you absorb too much trauma in a short amount of time.

You may not be directly exposed to something traumatic, but as you hear someone's traumatic story, you may feel empathy for them and experience some of their trauma in a second-hand way.

## The Latin roots of compassion means "to suffer with" someone.

1 Corinthians 12:25-26 talks about the body of Christ and that "its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it."

We are called as the body of Christ to have compassion for others and some people end up getting full-time jobs where they can have compassion for others such as those in the medical field, counselors, pastors, and others.

## Compassion Fatigue is DIFFERENT than Burnout.

You may get burned out from your busy schedule and not necessarily from someone else's traumatic experience and it can often be resolved by changing the nature of your work.

Compassion fatigue can happen with healthcare workers, counselors & therapists, teachers, first responders, pastors and other ministry workers, chronic caregivers, & family members, etc.

# LCMS Wellness Ministries

What's the difference?











Reclaim the joy of ministry. We'll show you how. Books, resources, and community connection for pastors, leaders, and ministry workers



Doxology provides a safe environment for clergy to reflect on their own spiritual and emotional health and assists them to review and enhance their professional competencies and skills as servants of Christ and stewards of God's sacred mysteries.



LCMS
Recognized
Service
Organization

**NW** of Phoenix

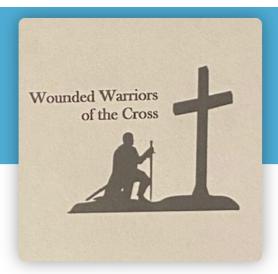




Shepherd's Canyon Retreat offers week-long retreats that provide spiritual & emotional support for ministry workers & spouses in the midst of various stages of burnout, stress, depression, compassion fatigue, conflict, etc.



During the retreat, a chaplain & 2 professional therapists care for up to 8 participants in group, couple, & individual settings.



## **Wounded Warriors of the Cross**

Gary

Pastoral and clergy mental health is a mostly ignored area, especially by those who live their lives as pastors in the clergy. The stigma of mental health within those who serve in the shadow of the cross is something that invokes the stigma of fear. Many of those in the clergy will choose to suffer in their despair rather than reaching out for help. Sometimes those suffering choose to wait until it's too late to get the real help that they need. At Wounded Warriors of the Cross our mission is to lift the stigma and the veil of silence that encompasses clergy mental health and assist those who suffer in silence. Wounded Warriors of the Cross is here to shed the light of Christ's love into those dark places.















#### 7 episodes

Taking care of yourself is crucial to serving with passion and purpose.

Join two experienced voices in ministry, Rev. Tom Eggebrecht and Rev. Dr. Greg Walton, as they delve into the world of preventative and restor more

#### The Grace Place Podcast

The Lutheran Church Extensiion Fund

Religion & Spirituality

★★★★ 5.0 • 9 Ratings

Listen on Apple Podcasts ↗



FEB 14, 2024

#### Caring For Your Body As A Temple

We all know the importance of physical activity for our health, but have you ever thought about caring for your physical body as a temple of the Holy Spirit? In this episode of the Grace Place Podcast, hosts Rev. Tom Eggebrecht and Rev. Dr. Greg Walton dive into the significance of this concept and...



JAN 16, 2024

#### Vocational Wellness—Understanding You are More than What You Do

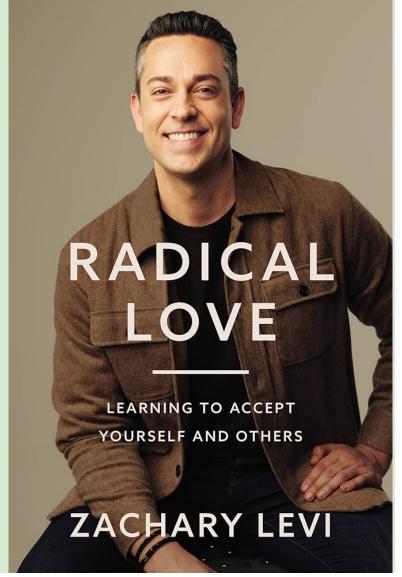
Navigating the challenges of burnout and over-functioning is a shared journey among church workers. In this episode of the Grace Place Podcast, Rev. Tom Eggebrecht and Rev. Dr. Greg Walton delve into the important topic of vocational wellness. Learn valuable insights on preventing burnout, mastering...

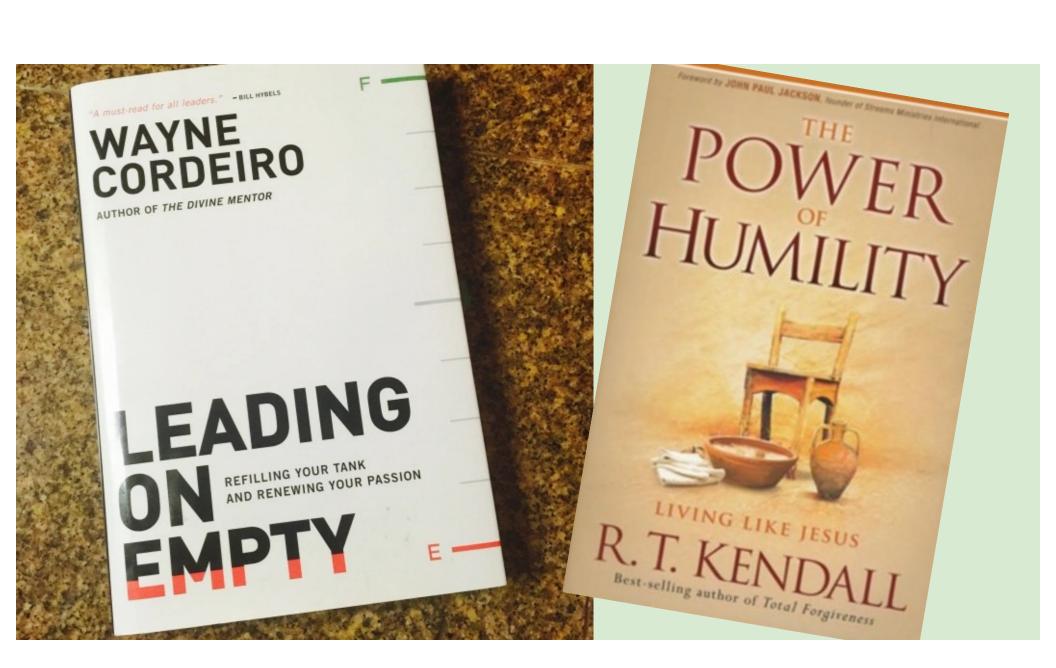


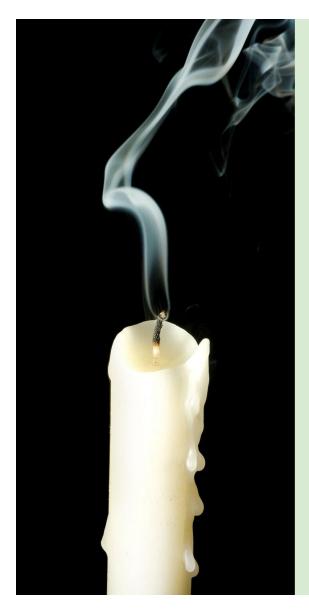
DEC 12, 2023

Emotional Wallacca Making Sura Conflict Decen't Dectroy Vour Life or









Remember the Psalms!

How would you describe a typical Psalm of lament?

# Self Pity is a form of Pride

# Boasting is pride's response to success.

Self-pity is pride's response to suffering.

# Boasting says, "I deserve admiration because I have achieved so much."

Self-pity says,
"I deserve admiration
because I have suffered so much."

# Suffering can make you Bitter or Better

# Talk to a trusted friend or counselor as needed.

## God cares more about your Character than your Comfort

### Romans 5

3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance;

4 perseverance, character; and character, hope.

5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

6 You see, at just the right time, when we were still powerless, Christ died for the ungodly.

7 Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. 8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

# Do you have to get cleaned up to take a bath?

## What can you do?

- Prayer
- Read Psalms
- Gratitudes
- Think of what you enjoy and do it.
- Get away from your usual.

## What can you do?

- Tell somebody you can trust.
- Find supportive friends
- Therapists can help.
- Live in a way that will help you thrive.
- Call on Jesus. There is Hope.

Remember that you are created by God and loved by God. He has a purpose and plan for you no matter how dark things may seem...

Pray for wisdom. Get help.



#### 2 Corinthians 2:3-4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.



### A Sabbath Prayer

by Brenda Jank of RunHardRestWell

## A Sabbath Prayer

**Blessed** are you, O Lord our God, King of the universe. You are the Author of Love and Life. You have given us the opportunity to work this past week – the privilege of serving You and Your Kingdom in visible and invisible ways. For the work of our hands and heart, we thank You.

We **thank** you for the things we did out of duty and the things we did out of delight – for projects, demands, chores, sore muscles and acts of kindness—for all that was planned and unplanned. Lord, receive it as our gift to You.

For all that was left undone because of distraction or laziness, forgive us, Lord Jesus.

For all that was left undone because we obeyed the Spirit's leading, we recognize Your handiwork and give You thanks.

Now, the Sabbath lies before us and we are ready to cross the threshold. (Some light a candle at this point.)

Lord Jesus, You are the Light of the world

You created and crafted this day of Sabbath Rest.

As Your chosen people, we will embrace this day of Sabbath Rest. In keeping it, we remember You as our Creator and Rescue Redeemer. We do this now, with joy.

Enter our home and hearts today.

Almighty God, grant us and all our loved ones true rest on this Sabbath Day. May Your Presence drive out from among us anger and fear, worry and regret. Send your blessing upon us, that we may be people of the Word.

Heavenly Father,
We rejoice in the beauty of Your world,
the power of Your Word,
the presence of Your Holy Spirit,
and the love of family and friends.

It is from You we receive every good and perfect gift.

Open our eyes to see.

Giver of Life and Love, grant us Your peace this day and always, through Jesus Christ our Lord.

Amen

