

Practical Ideas for Burned Out People:

Helpful Podcasts, Books, Ministries & Creative Ideas

Kevin Bueltmann

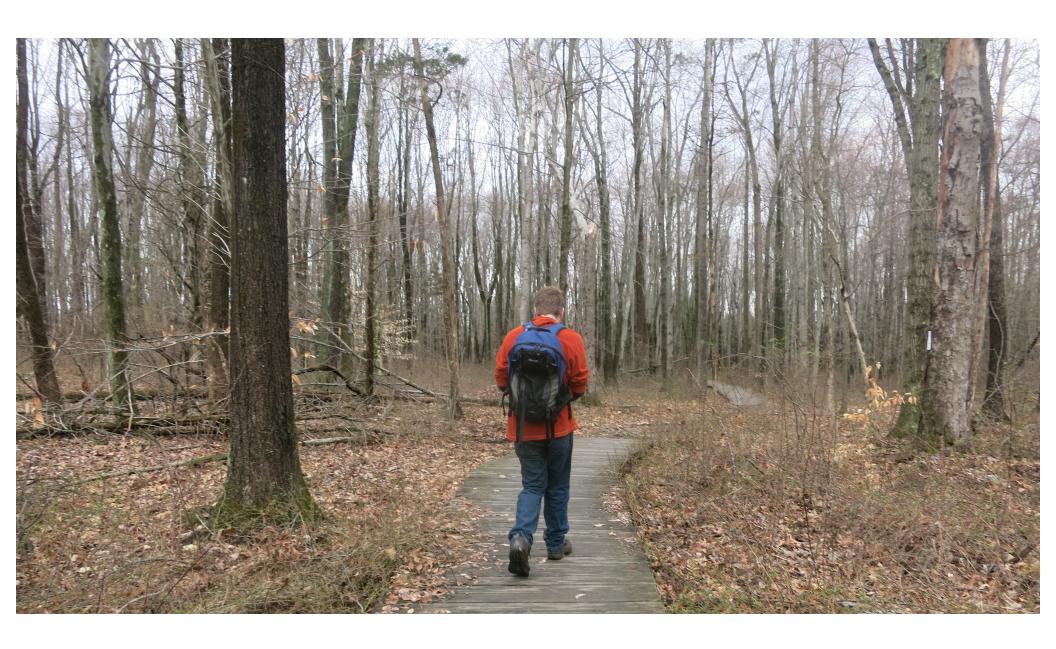
My Story

- 1987-1991 DCE at Trinity Lutheran Church, Kalispell, MT
- 1991-1995 DCE at Christ Lutheran Church, Normal, IL
- 1995-2001 Director at Camp Luther of Nebraska, Schuyler, NE
- 2001-2008 Program Director at Camp CILCA, Cantrall, IL
- 2010-2017 Pastor & worship leader at St. John's Luth Ch, Green Valley, IL
- 2017-2022 Pastor & worship leader at Trinity Lutheran Church, Kalispell, MT & Camp Executive Director at Trinity Lutheran Camp, Bigfork, MT



DELIGHT Naryour

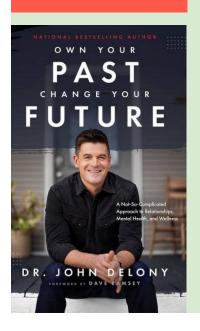
transformation training



John Mark Comer

The Ruthless Elimination of

Foreword by John Ortberg



The Ruthless Elimination of Hurry:

How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World - by John Mark Comer

Emotionally Heathy Discipleship

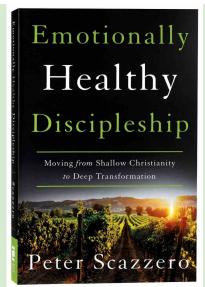
Moving from Shallow Christianity to Deep Transformation by Pete Scazzero

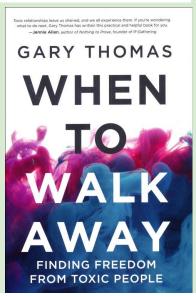
Own Your Past Change Your Future:

A Not-So-Complicated Approach to Relationships, Mental Health & Wellness - by Dr. John Delony

When to Walk Away:

Finding Freedom from Toxic People by Thomas, Gary







"God cares more about your Character than your Circumstances."

"God is more concerned about your Humility than your Happiness"

"True Weakness is thinking you are Strong"

July 14, 2022 – Ben Johnson



There is truly no uglier sin than the sin of pride. Prideful people are repugnant and repulsive and are so because they generally push others aside to gain their own glory.

Christians are expected to find pride especially unacceptable because we stand next to the one and only one who deserves glory, honor and praise, and that's the Lord Jesus Christ.

Jesus says to us "Follow Me!" and when we follow Him, when we walk with Him, we see something truly amazing in our Lord. Not only do we see His glory, but we also find out that even though He has all rights to be prideful and arrogant, we instead see a humble Savior, who took on the form of a servant and being found in human likeness, humbled Himself to death on a cross for us!

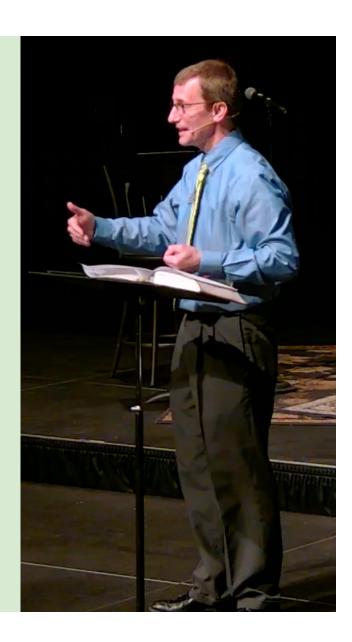
July 14 2022 - Ben Johnson

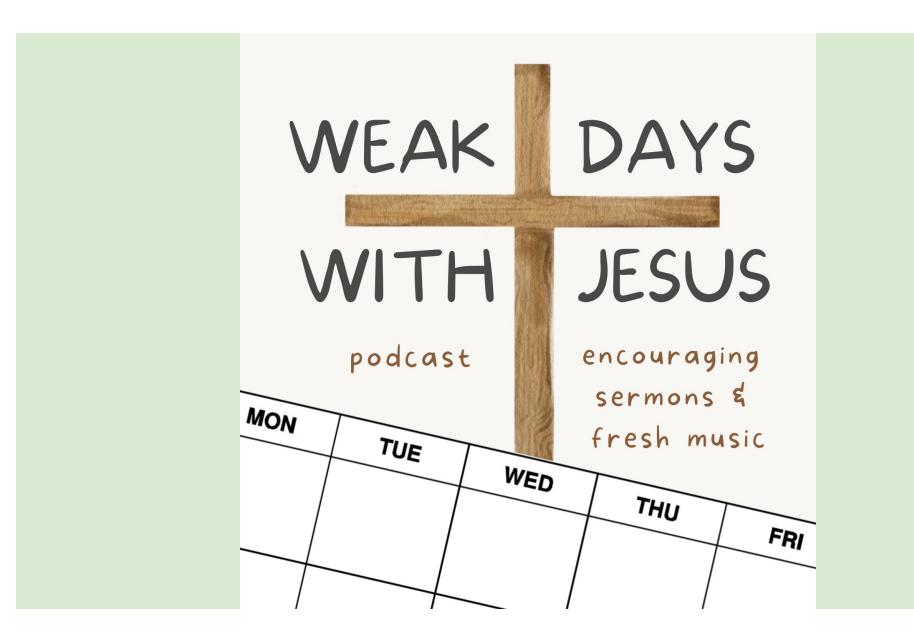
Feeding of the 5000

Jesus does the miracle, but he invited his disciples to participate in it.

Jesus invites us to be a part of His miracles

June 13, 2022 - Rob Mrosko





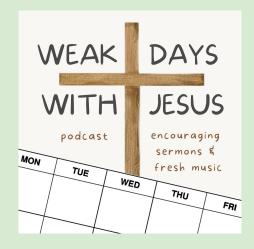
Podcasts

John Mark Comer





Weak Days with Jesus

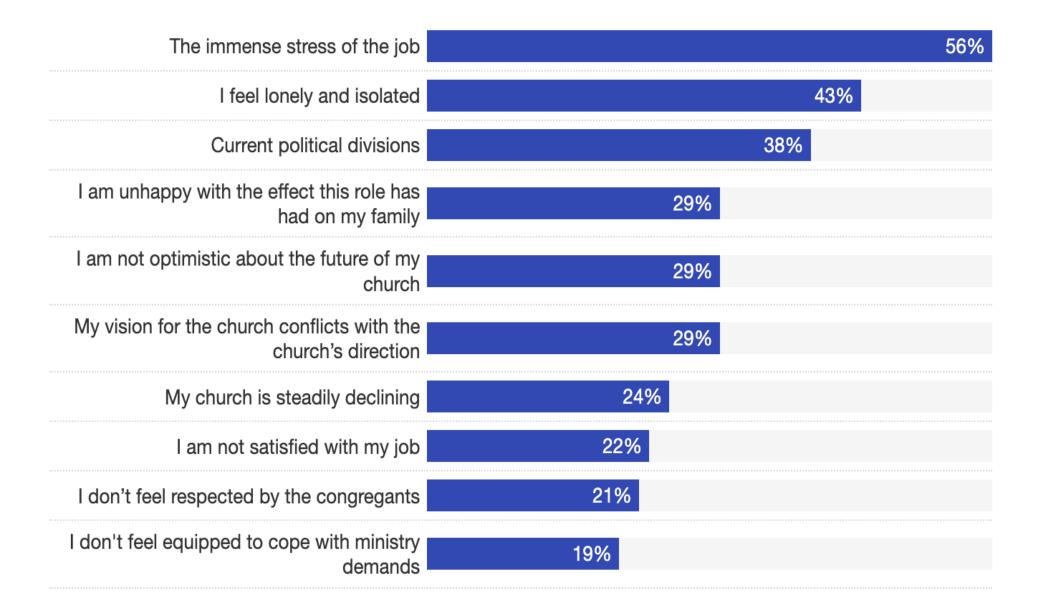




In March 2022, 42% of pastors considered quitting full-time ministry

(Barna Research)

What do you think are some of the top 10 reasons?





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
Introverted
Sympathetic
Over-committed
Perfectionistic

Empathetic



How does Galatians 6:9-10 speak to you about this?

So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith.



Symptoms of Burnout

Fatigue & exhaustion

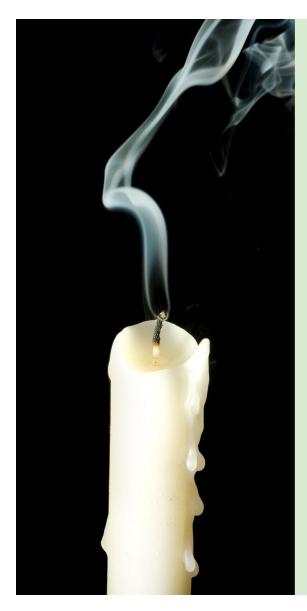
Dwindling passion for your work

Less investment in relationships

Becoming more critical & short-tempered

Feeling helpless to solve problems

Feeling like a failure at your job



How would you describe a typical Psalm of lament?



Lord It's Me (I've Got Some Complaints)

©2022 Kevin Bueltmann, Heather Choate Davis, Elinor Paulison

Spiritual Sources of Burnout

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



More than Just Enough

©2019 Kevin & Tawn Bueltmann, Jane Williams, Stephen Duncan We know you're GOOD, and you're MORE than GOOD enough! We know you're WISE, and you're MORE than WISE enough! We know you're STRONG, and you're MORE than STRONG enough! We know you're JUST, and you're MORE than JUST enough!



Spiritual Forces of Burnout

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





You Need to Take a Nap

How can you sometimes tell when children need to take a nap?



Fruits of the Spirit

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

Galatians 5:22-23

These are not rules, but results.

External Sources of Burnout

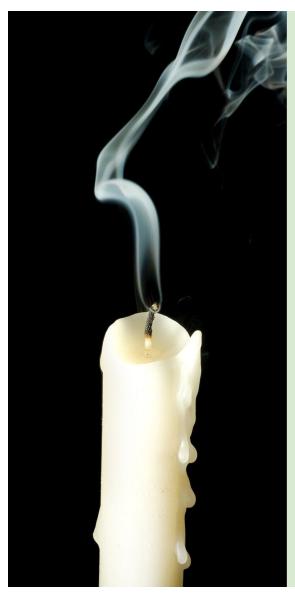
Too many responsibilities
Lack of appreciation or support
Inadequate resources / staff
Unresolved conflict
Ever changing government guidelines
Living in a post-Christian era





Internal Sources of Burnout

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



Hurry Sickness

Meyer Friedman was an American cardiologist who helped develop the theory that the "Type A" behavior of chronically angry and impatient people increases their risk of heart disease. He also coined the phrase in the 1950's of "Hurry Sickness" which he defines as a "continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time."

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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



Weak Days (Don't Rush This)

©2023 Chase Reihmann & Kevin Bueltmann

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



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.

Restfulness - - Restlessness

Margin - - Busyness

Slowness - - Hurry

Quiet - - Noise

Deep relationships - - Isolation

Time alone - - Crowds

Delight - - Distraction

Enjoyment - - Envy

Restfulness - - Restlessness

Clarity - - Confusion

Gratitude - - Greed

Contentment - - Discontentment

Trust - - Anxiety

Working from love - - Working for love

Work as contribution - - Work as accumulation

& accomplishment

The Parable of the Mexican Fisherman

An American investment banker was at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellowfin tuna. The American complimented the Mexican on the quality of his fish and asked how long it took to catch them.

The Mexican replied, "only a little while."

The American then asked why didn't he stay out longer and catch more fish?

The Mexican said he had enough to support his family's immediate needs.

The American then asked, "but what do you do with the rest of your time?"

The Mexican fisherman said, "I sleep late, fish a little, play with my children, take siestas with my wife, Maria, and stroll into the village each evening where I sip wine, and play guitar with my amigos. I have a full and busy life."

The American scoffed. "I have an MBA from Harvard, and can help you," he said. "You should spend more time fishing, and with the proceeds, buy a bigger boat. With the proceeds from the bigger boat, you could buy several boats, and eventually you would have a fleet of fishing boats. Instead of selling your catch to a middle-man, you could sell directly to the processor, eventually opening up your own cannery. You could control the product, processing, and distribution," he said. "Of course, you would need to leave this small coastal fishing village and move to Mexico City, then Los Angeles, and eventually to New York City, where you will run your expanding enterprise."

The Mexican fisherman asked, "But, how long will this all take?"

To which the American replied, "Oh, 15 to 20 years or so."

"But what then?" asked the Mexican.

The American laughed and said, "That's the best part. When the time was right, you would announce an IPO, and sell your company stock to the public and become very rich. You would make millions!"

"Millions – then what?"

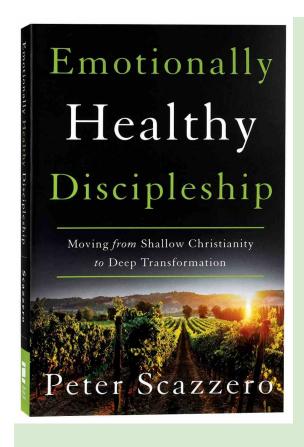
The American said, "Then you could retire. Move to a small coastal fishing village where you could sleep late, fish a little, play with your kids, take siestas with your wife, and stroll to the village in the evenings where you could sip wine and play guitar with your amigos."

I love what Dave Ramsey says...

"We buy things we don't need

with money we don't have

to impress people, we don't like!"



Seven Marks of Emotionally Healthy Discipleship

- Be Before You Do
- Follow the Crucified not the "Americanized" Jesus
- Embrace God's Gift of Limits
 - Discover the Treasures
 Hidden in Grief and Loss
- Make Love the Measure of Spiritual Maturity
 - Break the Power of the Past
 - Lead out of Weakness and Vulnerability



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.



Run with Passion. Rest on Purpose.

Champions Rest. Equips Leaders. Transforms Lives.

Support

Stress Management Self Care

Sabbath Keeping



A Sabbath Prayer

by Brenda Jank of RunHardRestWell

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.

Lord Jesus, You are the Light of the world

You created and crafted this day of Sabbath Rest.



You bless it.
You crown it with glory.
You call it holy.

Through it, You call us out of darkness into Your love and light.

It is to be a day of refreshment and celebration.
It is a day of devotion and delight.
Set apart since the beginning of time,
You alone release us from the
bondage of duty and demand.



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

www.RunHardRestWell.com



Mark 6:31,32

"For He said to them,

"Come aside by yourselves to
a deserted place and rest a while."

For there were many coming and going, and they did not even have time to eat. So they departed to a desert place in the boat by themselves.



LCMS Wellness Ministries

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

Shepherd's Canyon is an LCMS RSO located NW of Phoenix. Scholarships are available from LCMS Districts and Synod.











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