

The Pastor and Burnout: Death By Ministry

- From "How To Beat Burnout" by Frank Minirth, Don Hawkins, Paul Meir, & Richard Flounoy

Introduction

I) What is _____?

"In our own experience in counseling, burnout victims show...three factors. Feeling physically and emotionally exhausted, victims frequently cannot face the future, and they detach themselves from interpersonal closeness. Sensing themselves to be drained emotionally, they also suffer spiritually

II) _____ of Burnout: The Downward Spiral

1. _____ : _____
2. _____ : _____
3. _____ : _____
4. _____ : _____
5. _____ : _____
6. _____ : _____
7. _____ : _____
8. _____ : _____
9. _____ : _____
10. _____ : _____
11. _____ : _____
12. _____ : _____
13. _____ : _____

III) Starting The Upward Spiral _____

1. _____

2. _____

3. _____

4. _____

a) Take _____ of your usage of _____

b) Learn to concentrate on the _____

c) Be able to grasp the _____

d) Learn to be _____

e) Learn to _____

IV) Starting The Upward Spiral _____

a) Reversing _____

• Warning signs of suicide

1. Intense emotional pain, as seen in severe depression
2. Intense feelings of hopelessness
3. A prior history of suicide attempt, or voiced warnings of suicidal intentions
4. Severe health problems
5. A significant loss – death of a spouse, loss of a job, and so on
6. Forming a suicide plan
7. Chronic self-destructive behavior – alcoholism, an eating disorder, and so on
8. An intense need to achieve

b) Taking Care of Yourself _____

- If burnout has not reached stage of suicidal thinking - some steps to reverse emotional part of burnout

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

- o Take the Holmes-Rahe Stress Test
- o www.harvestenterprises-sra.com/The%20Holmes-Rahe%20Scale.htm
7. _____

8. _____

V) **Starting The Upward Spiral** _____

- God's Ministry To Elijah:

1) **God meets his need** _____

2) **God meets his need** _____

a) **God Gives A** _____

1 Kings 19: 8-14

b) **God Gives A** _____

1 Kings 19: 8-14

c) Through _____

1 Kings 19:9,13

d) Through _____

1 Kings 19:11,18

3) God meets his need _____