

Session 4 Keynote:

Avoiding Burnout: Balancing Ministry, Family, and Personal Life

Share a personal story about being overwhelmed, tired, or exhausted.

People have a misconception that in ministry, because you're furthering God's Kingdom, your energy is endless. Or you can push through exhaustion because it's for a good cause.

The reality is, you cannot sustainably lead others to Christ if you are spiritually, emotionally, and physically depleted.

How many of us have ever said:

'I'm exhausted.'

'I just need to survive this week.'

'I'm running on fumes.'"

Burnout is common in ministry because many people confuse being needed with being healthy.

So why does burnout happen in ministry?

Well, ministry attracts generous people. And we often feel guilty saying no.

Ministry needs never fully stop.

At times, we mistake constant activity for holiness.

We get into a dangerous mindset often and claim,

"If I don't do it, nobody will."

"Rest is selfish."

"Busy means fruitful."

But as we know, in Mark 6:3, it says;

"Come away by yourselves to a deserted place and rest awhile."

Jesus invited His disciples to rest before sending them back into mission.

So how do we recognize signs of burnout?

We can see emotional signs like irritability, cynicism, gets frustrated easily, or lack of joy.

Some spiritual signs maybe when prayer feels dry or nonexistent, when ministry becomes a performance, or feeling disconnected from God.

Some physical signs can be fatigue, poor sleep, or constant stress.

Please keep in mind that these signs often lead to burnout, but are not always directly related.

It's important that your vocation takes top priority.

Your relationship with God is first.

Marriage and family matter deeply.

Ministry should support, not destroy your vocation.

You are a disciple before you are a volunteer.

God never asked you to sacrifice your soul to save your ministry role.

So, how do we set ourselves up for success?

Some practical boundaries to put into place are:

Not answering messages at all hours

Taking real days off

Saying no when necessary

Sharing responsibility with the team

Delegate but teaching others how to do tasks or projects

Boundaries are not selfish.

Boundaries allow long-term faithfulness.

Even Jesus modeled boundaries.

He withdrew from crowds.

He rested and prayed regularly.

It's important that we keep our prayer first.

We need to have daily prayer outside of ministry prep

We need to exercise, sleep, and maintain friendships.

The goal is not surviving ministry. The goal is remaining joyful and faithful in it.

My questions for you are:

What is draining me most right now?

Where do I need healthier boundaries?

What would true rest look like for me?

The Church doesn't need a burnt-out version of you. It needs the version of you that remains connected to Christ, because ministry was never meant to flow from your exhaustion, it was meant to flow from His abundance.