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EMPOWERMENT
VISITS
2026



FUELING
THE FIRE

For lack of wood the fire goes out.
Proverbs 26:20a (ESV)

Burnout

Recognise, Prevent, and Overcome

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THE FIRE**

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Burnout is not a sign of weakness.

God never intended us to lead from emptiness. He created us for **rhythms of work, rest, & renewal.**

Look honestly at burnout & discover practical & spiritual ways to respond to it with wisdom.





Burnout is more than being tired. It is **physical, emotional & spiritual exhaustion** caused by prolonged stress & overload.



Some common signs include:

- Constant fatigue;
- Irritability or emotional numbness;
- Feeling disconnected from God or your calling;
- Loss of joy or motivation in ministry; Difficulty concentrating;
- Escaping into unhealthy habits;
- Feeling that nothing you do really matters.



Many faithful leaders experienced this:
Elijah under the broom tree,
Moses overwhelmed by the people's
complaints, & even Jesus withdrawing to
lonely places to pray.

Burnout is not new,
but how we respond
matters.





Pastors are especially at risk. Pastoral ministry is deeply meaningful, but also deeply demanding:

- We carry **people's pain** daily:
 - Grief, conflict, sickness, financial stress.
- We feel pressure to always be **strong, positive & spiritual.**
- Our work often has **no boundaries**:
 - Late nights, weekends, constant availability.
- We sometimes confuse **ministry with identity.**
- We neglect our own spiritual & emotional care, believing rest is selfish.





Awareness is the first step toward
healthier ministry.



Preventing burnout through healthy rhythms.

A. Rest Is Holy

God rested. In Mark 6:31 Jesus said, *“Come with me by yourselves to a quiet place and get some rest”*(NIV)

Rest is not optional: It is God-designed.

- Take a real Sabbath.
- Disconnect from constant demands.



Preventing burnout through healthy rhythms.

B. Talk to Someone Safe

Pastors need pastors. Have someone you can be honest with; without fear or performance.





Preventing burnout through healthy rhythms.

C. Create Healthy Boundaries

Learn to say no.

- You are not Superman or Superwoman.
- Protect personal & family time.
- Structure your week intentionally.



Preventing burnout through healthy rhythms.

D. Live a Balanced Life

You are more than a pastor.

- Exercise, enjoy hobbies, be present with your family.
- A full life leads to healthier ministry.



Preventing burnout through healthy rhythms.

E. Stay Filled Spiritually

Your time with God is not only sermon preparation. Seek Him for relationship, not production.



If you feel burned out,
there is hope.





When Burnout Is Already Here.

Step 1: Acknowledge It

You are not failing: You are overwhelmed.
Speak honestly to someone you trust.

Step 2: Rest & Recharge

Create space. Build rhythms.
Take time off. Let your soul breathe.



When Burnout Is Already Here.

Step 3: Refocus on God

Let go of checklist Christianity. Remember Jeremiah 31:25: “I will refresh the weary”

Step 4: (Re)build Boundaries

Let go of the belief that everything depends on you. Empower others: Ministry is meant to be shared.

Encouragement from Jesus.





Jesus says in **Matthew 11:28-30**:
“Come to me, all who are weary and
burdened, and I will give you rest.”

Jesus sees your labour. He values your
faithfulness.

But He also reminds us:
You are not His tool. You are His child.



Ask yourself:

- Am I rested?
- Am I overwhelmed?
- Do I need help?
- Am I allowing God to minister to me?

Your calling matters: but so does your well-being. Care for yourself as you care for others.

You are not alone. God is with you.

