

Pastoral Burnout

WHAT IS PASTORAL BURNOUT?

Emotional, spiritual, mental, and physical depletion to the constant stress of the intensity of ministry work

Spiritual: Disconnect from spiritual practices and God, lack of purpose or direction, doubting God, feelings of abandonment

Emotional: Feeling overwhelmed, drained, worried, irritable, depressed, numb or detached, hopeless, loss of motivation

Mental: Difficulty concentrating, memory issues, problems with decision-making, loss of focus, being on "autopilot"

Physical: Trouble sleeping, change in appetite, persistent tiredness, stress, lack of energy, restlessness

Preventative Strategies

Sabbath: Be consistent in taking a weekly sabbath to recharge and be refreshed (Exod. 20:8–11).

Support System: Include personal/professional care, mentors, and assistance by godly individuals (Eccles. 4:12).



REST IN THE LORD & LEAN ON HIS WORD

(Matt. 11:28–30; Isa. 41:10; Josh. 1:9)



Self-Examination: Practice self-examination to recognize signs of burnout

Boundaries: Set healthy limits for yourself to help balance your pastoral responsibilities (Eccles. 3:1).

References:

1. Brennan, D. (2021, October 25). *What to Know About Work Burnout*. WebMD. <https://www.webmd.com/mental-health/what-to-know-about-work-burnout>
2. Halloran, K. (2020, January 20). *Christian Ministry Burnout: Prevention, Signs, Statistics, and Recovery*. WordPartners. <https://wordpartners.org/resources/christian-ministry-burnout-prevention-signs-statistics-and-recovery/>
3. Pastor Resources. (2019, July 12). *Preventing Pastoral Stress and Burnout*. Pastor Resources. <https://pastorresources.com/preventing-pastoral-stress-and-burnout/>