

Be Proactive to Prevent Burnout

“For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known” (1 Cor. 13:12).

Perspective is an interesting concept; we have such a limited perspective on our lives and situations compared to God, who has an eternal perspective. Time is something that changes our perspective as well. What seems urgent today, the fears and concerns we have, do not seem so important 10 or more years from now.

It's important that we have discernment with our time today so that we avoid potential pitfalls in the future. It's important to find the right balance between being productive but also renewing our strength. Activities designed for downtime to relax and recharge can often be viewed as unproductive or unnecessary.

Pastor Wayne Cordeiro has some very practical insight on avoiding burnout, which he shares in his book *Leading on Empty* as well as my discussion with him on the Everyday Discernment Podcast. He says that we need to find our optimum speed and not our full speed. If we run a car at the full speed of 150 or more miles per hour, it will lead to premature maintenance or a full breakdown.

Recognizing signs of burnout are important as well. Instead of dismissing stress or strained relationships, focus on finding activities and routines that will build you up and refresh.

What does success look like to you? If we view success with a worldly lens, we will often chase things that will not bring true fulfillment. As Christians, we know true fulfillment can only be found in Jesus. Pastor Wayne says, “The road to

success and the road to burnout often become one and the same.”

Are you in a season where, if you continue at your current speed, it will lead to burnout? Do you find time to recharge, or are you motivated by productivity? How do you define success for you and your family?

Often, as Christians, if you work or serve in ministry, it can lead to burnout, even if your heart is in the right place. Serving Jesus does not replace intimacy with Jesus. Pastors who are serving God can easily burn out if they do not take time to analyze the what and the why of their role. Ask the tough question, “Are you really doing it for God or for yourself?”

For more on proactively preventing burnout, be sure to listen to my episode of the *Everyday Discernment Podcast* with Wayne Cordeiro on CPN. {eoa}