

# Why Ministry Leaders Must Set Boundaries for Themselves

Many missionaries, pastors, leaders and businesspeople in the church are burning out because they don't have boundaries set up in their lives. In the church, we tend to take on the mentality of "lay down everything," "give of yourself until there is nothing left," and we spiritualize it with the Scriptures.

Yes, there is truth to not being obsessed with self and caring for others more than ourselves. But we won't have anything to give if we are running on empty and are tired to the point of spiritual, mental and physical exhaustion.

On this episode of *Awaken Podcast*, Michael Lombardo speaks with Havilah Cunnington about the necessity of boundaries and how they are, in fact, spiritual. God has placed boundaries in the earth, and they are a means of protecting that which is valuable. The purpose of boundaries isn't to say no to people around us, and we aren't meant to use them as an excuse to be lazy, as some may. Boundaries are meant to cause of us to be single-minded and focused on what God has created and called us to do so we aren't expending energy in areas we weren't meant to.

Make sure to tune in so you can learn how to truly walk in your calling with fervency, vigor and life for all of your days instead of experiencing burnout. {eoa}

Connect with **Michael Lombardo** at and on Facebook. Order his book, *Immersed in His Glory*, [here](#).

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