BURNOUT

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Categories: Christian Life, Observations

Image from ASBO Jesus.

I was intrigued that Think Christian should have an article on Clergy Burnout on the same day that Jon Birch posted the cartoon above. It is well worth reading this article, especially the comments. I found this one very insightful:

> *You only find the word Pastor mentioned once in the New Testament, yet we have made it the focus of our shared Christian experience. Conversely, the word prophet is used 157 times in the New Testament. Explicit instructions are given about the role and ministry of prophet, most congregations had multiple prophets and we see that it is shared between men and women. Elders are mentioned 12 times. Multiple elders were appointed at each church, the role and qualifications are proscribed clearly. The office of deacon is refered to 5 times. The ministry of teachers is mentioned 11 times, the evangelist twice. Yet we have collapsed all these offices and functions into one ministry mentioned only once in the New Testament. Is it any wonder we have burn out? Thank God for hard working, faithful pastors, but they are shouldering too much of the burden and we need to recognize that they are only one member of the body.*

At the same time, I wonder about tiredness and burnout among missionaries and mission leaders. I try to meet with our Wycliffe Counsellor on a regular basis and one of the things we always talk about is the best way for me to manage my workload and not to get over tired. It is a constant struggle. There is always more to do than we can do and we need wisdom to discern the real essential things and then we need strength in order to do them.

If you have a bit of spare time and you would like to pray for a tired mission leader - please do! Holiday is a few weeks away and I feel very much in need of some mountain air and some lazy days.