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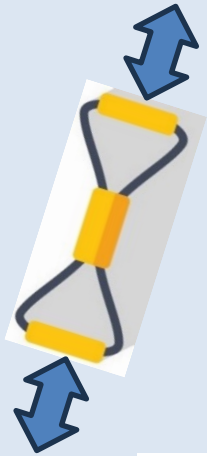
LIMITATIONS

UNTIL YOU SPREAD YOUR WINGS,
YOU'LL HAVE NO IDEA HOW FAR YOU CAN WALK.

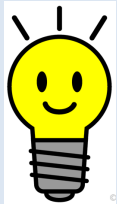
Burning On, Not Burning Out
A workshop with Dr. Tasha Chapman



Burnout: A state of physical, mental, social, and emotional exhaustion from the gradual drain of being involved in very draining work and life challenges. Symptoms include the inability to concentrate, irritability, pessimism, sleep problems, apathy &/or cynicism.



Resilience: The ability to recover from difficulty and to remain adaptable during challenges. By God's grace, to learn/grow by walking through challenges with Jesus.



Connecting metaphors and physical objects to abstract concepts furthers memory and meaning-making.



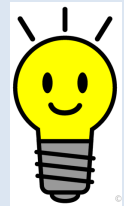
Key for growing resilience → increase our self-awareness by accounting for our whole being, intentionally.

Example

Luke 10:27 (Jesus) answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.”

3-part: Know, Be, Do (Head, Heart, Hands)

4-part: Head, Heart, Hands, **Hugs**



Personhood in 5 Aspects - a Tool

- Cognitive (thinking, curiosity, creativity)



- Physical (body)



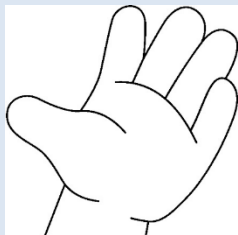
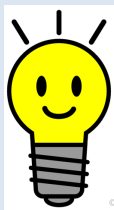
- Social (4 - relationship areas:
people, God, self, nature)



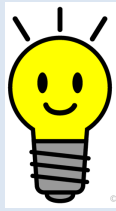
- Emotional (including values and will)



- Moral (discernment of right and wrong)



Not “spiritual” as that aspect of us as created beings cannot be separated or observed apart from the others areas.



*A gram of reflection can lead to
a kilo of learning!*

Personal Reflection: Write a few notes for
yourself to start answering the below.



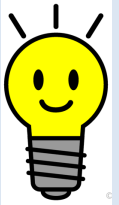
1. Name 1 event that drained you this week, in each of the 5 areas: *cognitive, physical, emotional, social, moral*.

2. List 1 activity for each of the 5 areas that replenishes you.





A Biblical Framework – The Metanarrative
God's Story for us—*in a nutshell*,
which aids memory & meaning-making



Creation

Genesis 1-2; John 1:1-5; Col 1:15ff

Fall/Rebellion

Genesis 3; Ps 14:1,3; Rom 3:23

Redemption

Gen 3:15; Rom 1:16; Eph 2:11ff

Restoration/Renewal

Revelation 21-22



Creative 4-point Biblical Metanarratives

- Made—marred—mastered—mended
- Formed—fractured—fixed—Re-Formed
- Right—rupture—repair—renovate
- New—broken—glued—rehabbed
- God made it, Adam broke it, Jesus fixes it,
Church works it, God glorifies it/ renews it

or go visual - Draw it with knotted lines.

God's Story reminds us of the truth
about our story within His Story.

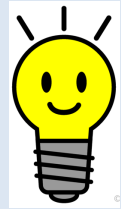
His Creation – *We are limited, embodied, time-bound, relational, dependent, purposefully working, stewarding image bearers.*

Human Rebellion – *Apart from God's grace and intervention, we cannot know-be-do as we were created to; all creation is not the fully good way it was created to be.*

Christ's Redemption – *In Christ we are a new creation, growing towards the way we were created to be and joining in God's redemptive work.*

Renewed Creation – *We have a sure hope that God will finish making all things good again.*

Reflection with Feedback increases learning



- *Think* silently & write a few notes for yourself as you reflect on the question.
- *Pair* with the person next to you to discuss ideas for answering the question.

Q: How does God's Redemptive Story (in 4 parts) connect to the items you named in Q#1 & 2?

His Creation, Our Rebellion,

Christ's Redemption, Renewed Creation

A Redemptive “Self-care” for Resilience

Self-Stewardship can be described as the responsible management of our whole person, as God entrusted to each of us; including our health, strength, emotions & intellect, talents, vocations, decisions, and relationships. It is not selfishness, but a wise form of self-care, self-denial, discipleship, and discipline to steward God’s creation of ourselves, to follow Christ and “run with endurance the race that is set before us.” (Heb. 12:1)

In pursuing self-stewardship as a delegated responsibility by Christ the King, we acknowledge and repent humbly that our health impacts all others and creation around us

a. What might a sound theology of self-stewardship look like?

Actions list page 2 of the notes. Summaries...

- Routines/lifestyles that “bring out the best” in us, towards what we were created to know-be-do.
- A rhythm of rest, restoration and relationships that build resilience into our lives.
- The discipline and discernment of wise stewardship of our gifts and needs for the life God has given us.
- The ongoing development of our whole person towards maturity in Christ; *part of our discipleship & sanctification*

Create lists in groups of 3-4:

b. What theology must be held in tension with self-stewardship?

c. How do we describe who and whose we are?

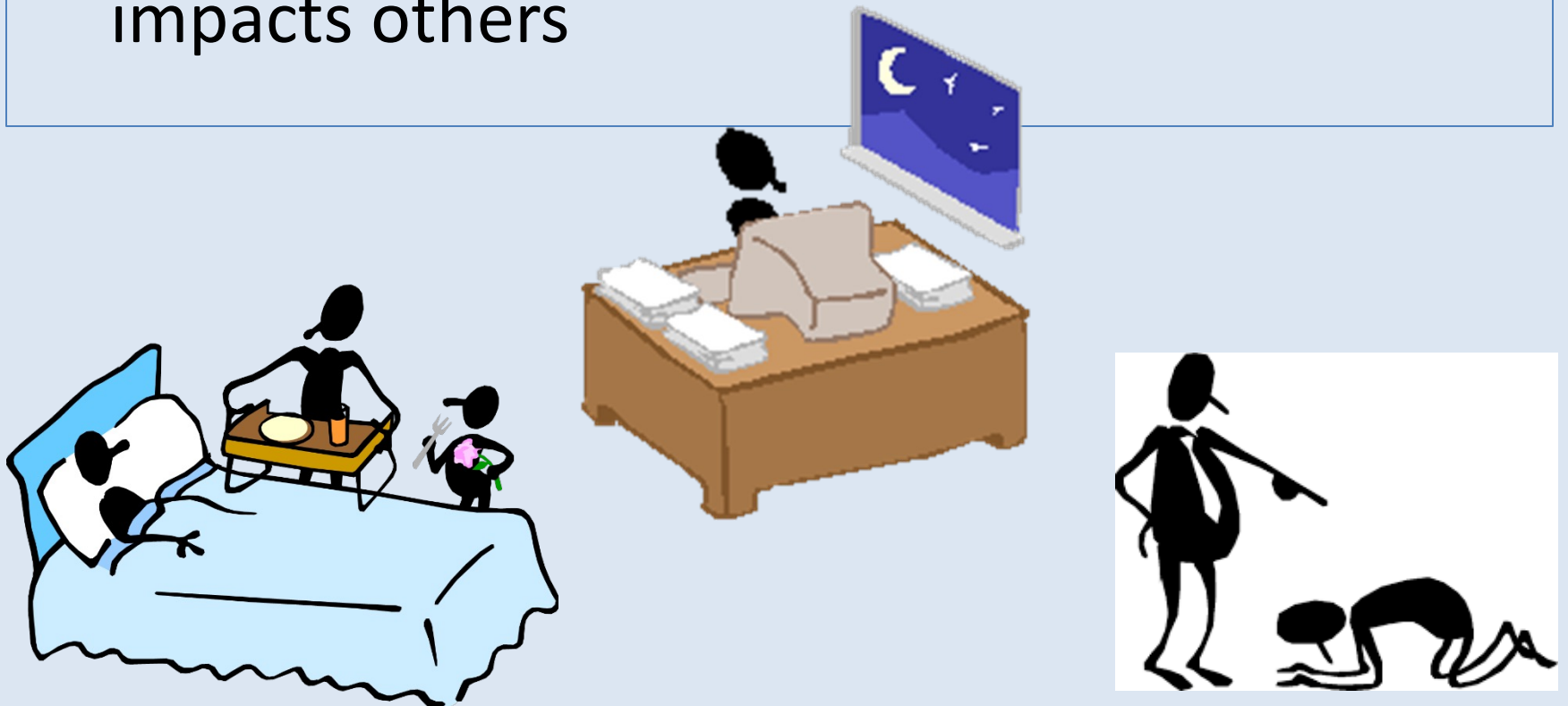
d. In what ways did Jesus pursue self-stewardship?

Consider Jesus

1. In what ways do we see Jesus pursuing self-stewardship?
2. Consider Jesus' time with intimate friends, sleep, food, fun, and time alone, and in prayer, ...
3. How do we see Jesus caring about the needs He saw? Did Jesus meet them all?
4. How did Jesus deal with the expectations people had on Him?
5. Who, when, and how much did Jesus disappoint others?

Personal Reflections on Outline:

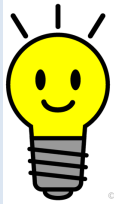
1. Reasons I neglect self-stewardship
2. Trouble saying “no” to misplaced expectations
3. My neglect of self-stewardship negatively impacts others




Findings from Research (US, UK, Australia)

1. We are so busy that we are not self-aware.
2. We submit to unrealistic expectations from others.
3. We take too much responsibility to please people.
4. We deny the personal impact of caring for others.
5. We pretend we can separate our physical and emotional life from “spiritual” matters.
6. Pride keeps us from respecting our needs and limitations.
7. We work and minister out of guilt, idolatry of work, or to please an “angry God”; rather than in *response* to our experience of God’s love and grace and provisions.

Cultural Pressures to Burn Out



Growing in culture awareness involves critical thinking work

- of naming “the air we breath, the hidden map of how to do daily life,”
- then affirming and challenging that aspect of culture, 
- relying humbly on wisdom from the Spirit and on the truth and authority of the Bible.

Consider by yourself.
Then, discuss in groups of 3-4.

- a. What stories are our culture and contexts telling us about work, rest, and self-care? Consider popular movies, TV shows, songs, advertisements, sayings...
What stories do they tell?
- b. Try to affirm and challenge things in the cultural stories of how we should work and rest. E.g., What did the ad get correct? Where does it depart from biblical models or truths?

Some Harmful U.S. Culture Stories

1. The sacred is separate from the secular.
2. It is heroic to “burn-out” for a good cause.
3. It is heroic to be self-sufficient; no help.
4. Long work hours increase productivity.
5. Multitasking and using technology increase productivity.
6. There is *never enough* money, time, people...
7. Workaholism is a harmless necessity.
8. Failure and error are not acceptable.

2 deceptive US cultural myths that encourage burn out

#1: The Straight Line: Goals can be easily set, achieved, and counted.



“We will be healthier if we are sure to do *this* 5 times a weekly.”

“We can slow down when we have 56 completed.”

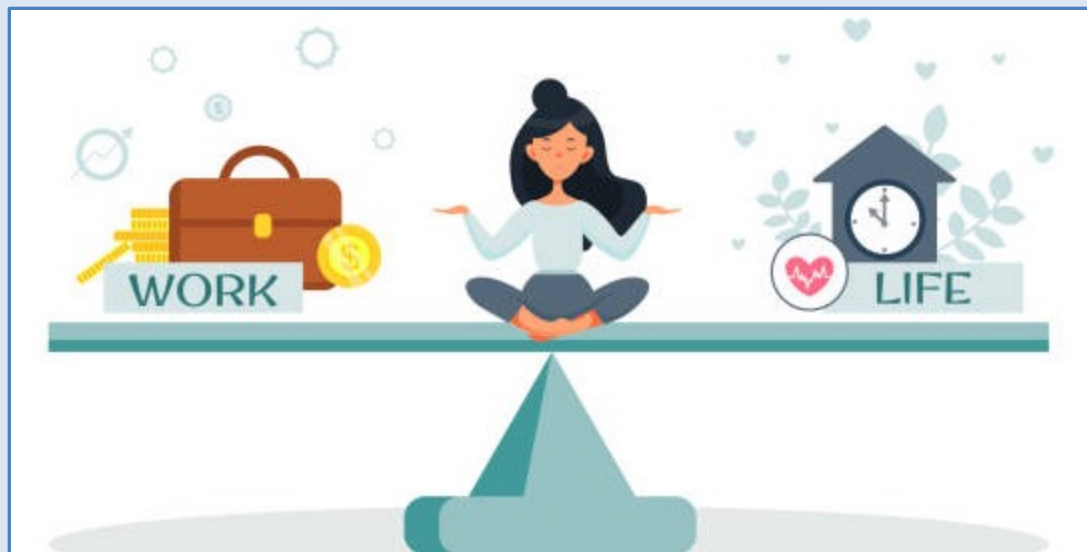
“To stay sane, I will count my hours and refuse to work more.”



Myth #2: Life success and happiness requires finding the right balance.

“You will be healthier when you balance your work-family life.”

“Just balance your diet/budget/life/priorities/time/boundaries/relationships/... and it will fix it.”



BALANCE

verses

Exercise the TENSION



- Only 1 Right Solution
- Not sustainable
- Law over Grace;
Rules over Response
to God's provisions

- Exercise builds strength
- Motion, flexibility
- Daily life requires
godly wisdom and
discernment

Verses for Exercising Tension about Work

- Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. Col. 3:23-24 (ESV)
- You were dead in the trespasses and sins... For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Eph. 2:1,8-10 (ESV)

Celebration of Our Sure Hope in Christ - a strengthening Confession

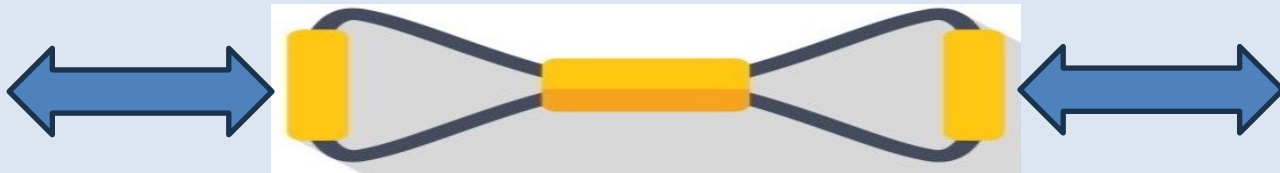
A Confession of John the Baptist in John 1:20

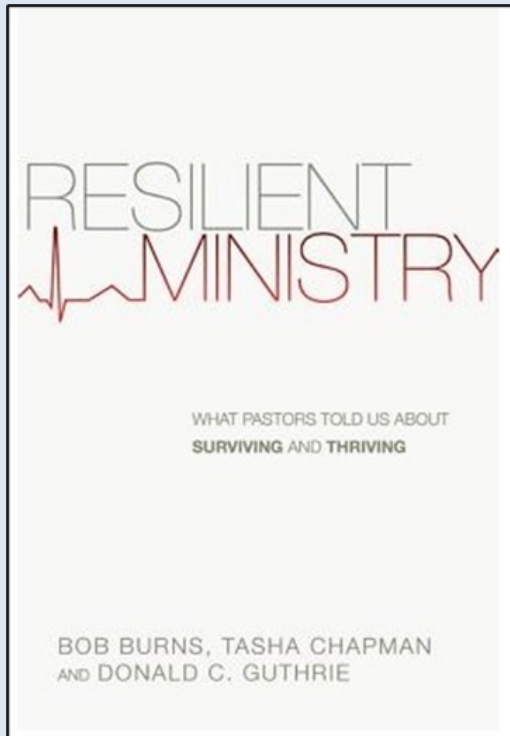
“I am not the Christ.”

A Confession of the Apostle Paul in 1Cor. 15:10

“But by the grace of God I am what I am,
and his grace toward me was not in vain.”

*Being a limited creature
serving an unlimited God.*





Findings from the 7+ years of research on sustainability in ministry leadership were used in this workshop. Details in this book.

Resilient Ministry: What Pastors Told Us About Surviving and Thriving by Burns, Chapman, & Guthrie.

(IVP, 2013)