

# Burnout

Wave Digital Ministries Network

As Christians, we all need ministry.

We need to be involved in ministry as leaders and as students. If we are always the people ministering, who is ministering to us?

If we are constantly ministering, we will burn ourselves out. Sometimes we need to stop, sit down, and let ourselves be ministered to. By doing this, we have an opportunity to grow in our faith, and someone else is given the opportunity to minister.

We can avoid burnout by setting aside time to be ministered to. A great way to do this is by joining a life/small group and being a member.

Do not be ashamed by resting. Even God has taken rests.

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.  
3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." -Genesis 2:2-3

## Discussion Questions

"Should we allow ourselves time to be ministered to?"

"Have you ever been burned out?"

"How can you help someone who has burned out?"



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