

3. Causes of burnout.

- a. **The pain of modern progress.**
 "Progress" has escalated exponentially in the past 25 years, but progress creates additional problems.
 - Progress sabotages margin – we can do so much more, but now we have less "space" in our lives.
 - Progress leads to stress, overload, and complexity.
- b. **The pain of overwhelming problems.**
 When problems become too many or too complex to handle, we are at risk of getting overwhelmed and facing burnout.
- c. **The pain of capacity overload.**
 Overload occurs when the load effort or requirements placed upon us exceed our total capacity to bear them.
 - **Capacity** – The sum of all our resources (spiritual, physical, emotional, skills, time, finances, training, etc.).
 - **Load** – The combined external and internal requirements that are placed upon us.
 - **Margin** – The amount of space, energy, or extra room that is allowed beyond the amount that is required.
 - **Surge** – The extra effort or energy expended up to and beyond our normal capacity during difficult times.
 - **Fatigue** – The declining of capacity that occurs when we have pushed ourselves beyond our capacity limits.
 - **Exhaustion** – Point of failure, collapse, or burnout that occurs after going beyond our surge and fatigue limits.

← Discuss with your group the extra demands that are caused by the Internet, email, cell phones, etc.

← Discuss with your group examples of problems that lead to burnout.

Family – Adultery, divorce, drugs, or addictions of children.

Work – layoffs, managers, unrealistic workloads.

Physical problems – Our health, problems with our physical property (houses, transportation, etc.).

Financial problems – Unforeseen or increased expenses.

Relational problems – Interpersonal conflict. A key reason pastors/missionaries leave the ministry is unresolved relational conflict.

← Share about experiencing fatigue where you pushed yourself too far.

← Show slide 7-6.

