

## Burned Out or Fired Up

Presenter: Bess Croyle



*There he sat, under a broom tree (what exactly is a “broom” tree?). He was beaten, battered . . . burned out!! After all the great victories and the shining moments of faith in this man’s life, Elijah had had it. He wanted out. He couldn’t see beyond, well, the broom tree! “I have had enough, Lord,’ he said. ‘Take my life’. (I Kings 19:4)*

*Have you ever been there? As a leader in children’s ministry sometimes we can get to the point where we just want it all to end. We may not want God to end our lives, but certainly we start looking for a way out of our “ministry lives”, don’t we? The enemy (or sheer exhaustion!) has caught up with us. We feel isolated, like we’re fighting the battle alone, and we’ve been overwhelmed. Elijah said to God, “I have been very zealous for the Lord God Almighty... [but] I am the only one left.” (I Kings 19:10). We, like Elijah, feel like we just can’t continue. Is this how God wants us to end up? Of course not! Let’s look at burnout and then how to get and stay Fired Up!*

### Indications of Burnout – Psalm 22

1. A sense of **distance from God** (vs. 1 – 2)  
“My God, my God, why have you forsaken me? Why Are you so far from saving me, so far from the words of my groaning? O my God, I cry out by day, but you do not answer, by night, and am not silent.”
2. A sense of **diminished value** (vs. 6 – 7)  
“But I am a worm and not a man, scorned by men and despised by the people. All who see me mock me; they hurl insults, shaking their heads...”
3. A sense of **dissipating energy** (vs. 14 -15)  
“I am poured out like water, and my bones are out of joint. My heart has turned to wax; it has melted away within me. My strength has dried up like a potsherd, and my tongue sticks to the roof of my mouth...”

### Contributing Factors To Ministry Burnout

- A sense of too much to do...
- Being ill-equipped to handle responsibilities...
- Personal or family stresses...
- Personality or relationship challenges...
- Poor alignment of gifts & abilities...

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- Inability to say “no”...
- Physical health challenges...
- Little or no support

### **Let's Get Fired Up!**

- Focus on Relationships
- Identify Your Calling
- Recognize Your Gifts, Abilities and Limitations
- Exercise Your Mind and Body
- Develop Your Ministry Skill
- Understand the Place of Your Ministry
- Pray

### **Pick-Me-Up Verses For Future Encouragement:**

- Deuteronomy 31:8
- Psalm 103: 8-18
- Joshua 1: 7-9
- Romans 8: 18
- Psalm 40: 1-5
- Romans 8:28
- Psalm 42:5
- Hebrews 4:14-16
- Psalm 91:1-2
- John 14:27