

Hot Topics: Burnout - Episode 427

Burnout is something we hear about constantly when we're working with churches.

This topic is incredibly timely and personal for a lot of pastors. Burnout is not just about being tired or having a busy season—it's much deeper than that. It affects leaders physically, emotionally and spiritually, and it impacts their team and church in ways they might not even realize.

In this episode, Sean and Amy are joined by Jimmy McLoud, the Lead Pastor of First Christian Church in Canton, Ohio and a ministry consultant on the Unstuck team, to talk about how burnout affects church staff members.

Key Quotes

1. "Burnout does not start with exhaustion; it really starts with disconnection."
2. "If your identity is just in the results of your output and your productivity, that's a red flag."
3. "Burnout is very contagious."
4. "I had to face the reality that if I didn't get healthy, the culture was going to wither and die."
5. "Rest is not laziness; it's obedience."
6. "We don't burn out because we don't love Jesus. We burn out because we try to be Jesus."
7. "I start my day with identity and not productivity."
8. "Boundaries are not necessarily always to keep people out. Sometimes, they're just guardrails for your soul to keep you on the road."

Self-Assessment: How Are We Doing?

Use Jimmy's questions and suggestions below to help you identify burnout and hopefully overcome it.

1. When your schedule gets tight, what do you do? Do you go to your prayer life, or do you go to productivity?
2. When was the last time you had an honest check-in with how things are going?
3. Do you have a space where you're not the leader? If not, where could that space be?
4. How do you define success: by faithfulness or ministry output? What does it/would it look like to define it by faithfulness?
5. How do you go slow, say no and protect the margin you have?
6. What are your current relational rhythms and spiritual rhythms? What could you change to improve these rhythms in the new year?

Listen to the episode on iTunes or at theunstuckgroup.com/episode427.

Special Thanks to Our Sponsor for This Episode



Still relying on cash and checks for offerings? Half of churchgoers already prefer to give electronically. Donorbox Live Kiosk helps churches like yours boost giving by 35%. Imagine thousands more dollars each month to fortify your ministry.

All you need is a tablet, card reader and Donorbox's app. Donorbox lets congregants make tithes, offerings and donations instantly with cards or digital wallets, like Apple Pay and Google Pay.

Get two months free at donorbox.org/unstuckpodcast.