

Leading From a Healthy Soul With Lance Witt

Episode 445

How do you know if burnout *isn't* structural...but *is* personal?

We're closing out our "Structured for Burnout" series with something that doesn't always make it onto the agenda: caring for yourself and your soul while you're busy caring for everyone else.

We invited Lance Witt, a member of The Unstuck Group's lead team and a respected voice to pastors all across the country on the topic of leading from a healthy soul, to share his wisdom and experience.

In this episode, Lance and Sean dig into the topic of personal burnout: what it actually looks like and what practical next steps leaders can take to lead from a healthier place.

Key Quotes

- "When you are really depleted, have nothing left in the tank and have lived that way for a while, a day off doesn't do anything for you."
- "If you don't have a shock absorber to be able to absorb the disappointments, the changes that happen in a ministry, that's a warning sign."
- "One of the most common things I've seen that leads to burnout is we constantly add without ever taking away."
- "A pastor needs that internal awareness to raise their hand and just acknowledge that they may be a little bit over their head right now."
- "If you are on the way to burnout, put some digital guidelines into your life so that you actually have space where your mind is free and where you're not constantly plugged in."
- "We've bought this lie that busyness equals importance."
- "All of us need to structure some daily, weekly, monthly and annual patterns that set us up to have healthy rhythms."
- "Embrace delight. Most leaders I know are delight deficient."

Self-Assessment: How Are We Doing?

1. How are we intentionally building in downtime after busy seasons?
2. Are there ministries that need to be pruned so that our pastors aren't carrying too much?
3. How can our pastors take control over their schedules to avoid burnout? How can we help them?
4. What are the daily, weekly and monthly rhythms we've built or need to build that keep our souls in a healthy place?

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