



An initiative of WISCONSIN FAMILY COUNCIL

Tuesday, August 6, 2024

Avoiding Burnout

On October 6, 1993, at the height of his career, Michael Jordan shocked the world by announcing his retirement from the NBA. The Chicago Bulls had won their first “3-peat,” but Jordan was worn out. With the murder of his father 3 months earlier, Jordan said that he lost motivation to play, and that “Physically, I was getting exhausted. Mentally, I was way past exhausted.” In other words, his skills had not diminished, his level of dominance hadn’t changed, but he was burnt out.

While burnout can happen to athletes, it is especially possible for pastors as well. Shepherding a flock is incredibly rewarding but also very taxing. Also, I’m not sure if you’ve noticed, but a presidential election is happening in two months. Some pastors have expressed concern about the toll it could bring to their church. Pastors, if you have not done so, please take time this month to be refreshed in the Lord. It will be beneficial for your health, your family, and your leadership of your congregation. Here are some ways to be refreshed:



- Dive into the Word. Block out extra time for your own devotions, not just sermon prep.
- Use your vacation time!
- Exercise. Go for a walk, run, swim, lift weights, shoot hoops, or whatever else you enjoy. Sometimes a little physical activity helps alleviate stress.
- In regards to preaching, ask your board for a few Sundays in a row off. Maybe have an elder preach, a pastor friend from another church fill in, or ask myself, Dave Lingle, or our interim president Daniel Degner to update your church on the ministry of Wisconsin Family Council.
- Have a scheduled date night with your wife.
- **Read Erwin Lutzer’s book, “Christians, Politics, and the Cross.” We are giving away this excellent book as a complimentary resource. We would be glad to get a book in your hands.**

If you are struggling, please reach out. We want to encourage you in this season. His grace is sufficient, and His power is made perfect in weakness (2 Corinthians 12:9). As always, we are cheering you on as you continue to disciple your church, advance the gospel, and stand firm for the truth. God bless you as you lead His church.

In Christ,



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P.S. One week from today (August 13), the fall partisan primary election is happening. We encourage you to go out to the polls, choose well, and honor God with your vote. If you would like some extra information for your specific district regarding this election, [My Vote Wisconsin](#) is very helpful. We also have a helpful explanation of the 2 statewide referenda questions that will appear on your ballot available [HERE](#).

P.P.S. Wisconsin Family Council Sunday is September 22, 2024. At that time, we invite you to promote and share the ministry of Wisconsin Family Council to your church. You can find helpful promotional materials (bulletin, prayer card, PowerPoint slide, & promo video) [HERE](#). If you would like to request a speaker to personally share WFC with your congregation on Sept. 22 or another day, simply respond to this email.