

Avoiding Burnout

with Sally Clarkson

What do you think of when you hear burnout?

Sally describes burnout in relation to a candle and resources. Did any aspect of the metaphor speak to you in your circumstances? Do you relate to any of the evidences or attributes of burnout?

Sally mentions some of the things you need as a human being made in God's image to help you keep from burnout...purpose, friendship/community, touch, emotional affirmation, spiritual hope through being in God's Word, and time alone. Do you relate to these needs? Are there areas you need to tend?

"And Jesus increased in wisdom and in stature and in favor with God and man."

Luke 2:52

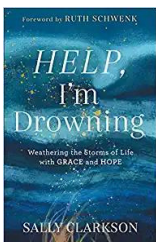
Areas to grow and give you hope:

Mind

Stature/Body

Favor with God/His Word

Favor with Man



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Notes and Personal Questions