



ANOTHER TEN CAUSES OF MINISTRY BURNOUT

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In a previous lesson on *Ten Causes of Ministry Burnout* I shared ten causes. To that list I am adding ten more causes:

- __10. Reluctance to admit you are experiencing stressors.
- __ 9. Responding to every request and phone call.
- __ 8. Over-extension of self into “pressure projects.”
- __ 7. Busyness with non-essential projects and details.
- __ 6. Failure to take a “rest break” or “power nap” during day.
- __ 5. Neglect of prayer and meditation time each day.
- __4. Ignoring physical symptoms such as headaches and backaches, etc.
- __3. Keeping frustrations to self — failure to share with leaders.
- __2. Failure to maintain proper boundaries.
- __1. Expectations of self and congregation not realistic.

Take a few minutes and number the above list in the order you think they should be in.