



## **FOURTH LIST OF TOP TEN CAUSES OF MINISTRY BURNOUT**

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This is the fourth list of top ten reasons for ministry burnout:

- \_\_10. No close friends to share frustrations or problems with.
- \_\_9. They must think you are “perfect.”
- \_\_8. Your tenure depends on your “good works.”
- \_\_7. You are indispensable—needed for success.
- \_\_6. Preaching grace and living Law.
- \_\_5. Too proud to seek help or counseling.
- \_\_4. Acting like you are a parent to members.
- \_\_3. Must keep “performing” at all cost.
- \_\_2. Not taking time to rest and relax.
- \_\_1. Neglect of spiritual growth, which requires balance.

Take a minute and go back over this list and place numbers in the order of your priority ranking.