

FRESH FIRE SEMINAR

Warning! According to an article in the *New York Times* (August 1, 2010), “Members of the clergy now suffer from obesity, hypertension and depression at rates higher than most Americans. In the last decade, their use of antidepressants has risen, while their life expectancy has fallen. Many would like to change jobs.”

I hope you are alarmed, saddened and embarrassed as I am by this article in one of America’s most influential newspapers. Yet if we are not careful we will pass it off as having no relevancy to us or our ministry. Our stressors aren’t that bad; so we continue to accumulate unresolved stressors. We preach change and peace but find it lacking in our own lives. The candle is burning at both ends and we are caught in the middle with symptoms of ministry burnout.

Every year more ministers leave the ministry than enter it full-time. We have a growing minister shortage. Why? One reason is ministry burnout; which is brought on by unresolved stress.

A Quick Checkup

How prone are you to burnout? Take a few minutes and answer these questions:

1. Yes No: Have you recently felt like leaving the ministry?
2. Yes No: Do you feel overworked and under paid?
3. Yes No: Do members expect too much from you as a minister?
4. Yes No: Are you as excited today about ministry as you were when you started?
5. Yes No: Are you frequently discouraged?

5. Yes No: Any recent changes in your health?

6. Yes No: Do you feel stressed most of the time?

7. Yes No: Are you ignorant of the early warning signs of burnout?

8. Yes No: Do you have sleep disorders—can’t sleep at night?

9. Yes No: Are ministry stressors causing conflict in your family?

10. Yes No: Do you feel like nobody cares about you or your ministry?

One YES to this ten point checkup should be a wakeup call. You may be a candidate for ministry burnout. But don’t despair by adding this awareness to your list of stressors. There is a positive biblical solution. It is the **Fresh Fire Seminar**.

This seminar covers the causes, consequences and cures for ministry burnout; as well as how to prevent ministry burnout.

Ministry Should Be . . .

- ...a joy
- ...a blessing
- ...easy to perform
- ...freedom
- ...without complications
- ...exciting
- ...rewarding
- ...balanced
- ...honorable
- ...fun
- ...personal
- ...productive
- ...peaceful

- ...prayerful
- ...Christlike
- ...challenging
- ...healthy
- ...a commitment to service
- ...a stewardship
- ...for God’s glory

Sadly, there are stressors and ministry burnout issues that rob us of these ministry blessings. Burnout is a major tool in the hands of Satan for destroying effective ministry—your ministry!

Seminar Topics

The **Fresh Fire Seminar** is on the cutting edge relative to topics essential to preventing and curing ministry burnout. The core of the one-day seminar contains these timely lessons:

1. *Why Ministers Are Reluctant To Admit Stress and Burnout Are Major Issues in Ministry*
2. *Major Causes of Ministry Stress and Burnout*
3. *Serious Consequences of Stress and Burnout*
4. *Biblical Models of Stress and Burnout*
5. *The Minister’s Family and Burnout*
6. *Solutions: Igniting Fresh Fire for Ministry.*

**** Other lessons may be presented if participants request them**

Seminar Methodology

The seminar materials will be delivered by some of the following methods:

1. Lectures and discussions
2. Self-evaluations and quizzes
3. Group dynamics
4. Media presentations
5. Recommended reading
6. Case studies

Seminar Schedule

The **Fresh Fire Seminar** is designed to be presented in one day from 9:00 AM to 4:00 PM, with one-hour for lunch. Friday seems to be the best time for most full-time ministers to attend. The day and times are flexible and may be adjusted to meet area needs.

The Seminar Presenter

Dr. J.J. Turner is the seminar presenter. He has been in full-time ministry 45-years. His burden for the **Fresh Fire Seminar** has grown out of a stroke he had several years ago because of ministry stress; as well as 35-years of training ministers. He presents the seminar out of experience, not theory.

Dr. Turner presently serves as an elder and full-time pulpit minister. He has authored 95 books on various subjects, one of which is *Burnout: The Issue Ministers Don't Want to Talk About*. This 24 chapter

book contains a complete course on how to prevent and cure ministry burnout.

Dr. Turner also brings years of counseling experience to the seminar; having earned a master's and doctorate in counseling and authored *Biblical Counseling God's Way, How to Win Over Emotions, and Rebounding from Life's Setbacks*.

Cost

Total cost is \$49.00 (Which includes a \$19.95 book)
Make Checks to: Solutions 2.0, Inc.

For Additional Information

For additional information about the **Fresh Fire Seminar** and free ministry materials please use the following website:

www.jeremiahinstitute.com

Or e-mail: jeremiahinst@aol.com

Call: 678-296-1448

THE DATE, TIME AND LOCATION

Warning! Ministry May Be
Harmful to Your Health

Fresh Fire Seminar

The Causes, Consequences
and Cures for Ministry Stress
and Burnout

