

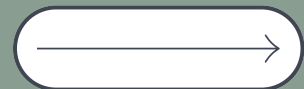


FAITH NEST

10 BURNOUT WARNING SIGNS

(AND HOW TO PREVENT THEM)

*A Guided Tool for Pastors to Reflect,
Reset, and Recover Before Burnout
Takes Over*



DEAR PASTOR,

This isn't just something to read, it's something to walk through.

Use this guide as:

- A personal reflection tool during your Sabbath or quiet time
- A conversation starter with a mentor, spouse, or trusted friend
- A coaching resource with your leadership team or fellow pastors

Each section includes:

- A warning sign
- A grounding Scripture
- A self-assessment prompt
- A practical response or prevention step

Whether you're on the edge of burnout or just want to stay healthy, this guide is for you.

Blessings,
-Rudy



THE 10 WARNING SIGNS

Each sign includes 4 sections:

1. What it is
 2. What it might look like in your ministry life
 3. A Scripture to anchor your heart
 4. How to respond or prevent it
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1. Constant Exhaustion

You wake up tired, preaching feels heavy, and even rest doesn't restore you.

Matthew 11:28

"Come to me, all who are weary..."

Check-in: When's the last time you felt truly rested?

Try this: Block 1 full day this week for non-productive rest. No sermon prep. Just presence.

2. Emotional Numbness

You don't feel much, no highs, no lows. Just numb.

Jeremiah 31:25

"I will refresh the weary..."

Check-in: What's one emotion I've been avoiding lately?

Try this: Journal for 10 minutes daily. Let God meet you in your honesty.

3. Loss of Passion for Ministry

You feel disconnected from your calling. Sundays feel more like pressure than purpose.

2 Timothy 1:6

"Fan into flame the gift of God..."

Check-in: Am I preaching out of overflow or obligation?

Try this: Revisit your original calling story. Write down what stirred your heart then.

6. Isolation

You're withdrawing from friends, team, and even your spouse.

Ecclesiastes 4:9-10

"If either falls, one can help the other..."

Check-in: Who really knows how I'm doing right now?

Try this: Reach out to one trusted friend today. Just be real.

7. Physical Warning Signs

Headaches, tension, insomnia, your body is speaking what your soul won't.

1 Corinthians 6:19

"Your body is a temple..."

Check-in: What physical symptoms have I normalized?

Try this: Book a checkup. Or get 7 hours of sleep 3 nights in a row. Your body needs it.

8. Cynicism or Resentment

You're losing grace for others, and maybe for yourself.

Proverbs 4:23

"Guard your heart..."

Check-in: Where has bitterness started to grow?

Try this: Pray by name for someone who's frustrated you.

9. Scattered Thinking

You're unfocused. Distracted. Tasks take twice as long.

Isaiah 26:3

"You will keep in perfect peace..."

Check-in: When was the last time I had mental clarity?

Try this: Try a 30-minute phone-free block each morning this week.

10. Hopelessness

You start thinking, “Maybe it’s time to quit”.

Psalm 42:11

“Put your hope in God...”

Check-in: What lie am I believing about my future?

Try this: Confess it out loud. Then write 3 reasons you’re still called.

QUICK SELF-ASSESSMENT

Step 1: Identify What You're Feeling

Below is a list of the 10 burnout warning signs. Circle or highlight the THREE that feel most present in your life right now.

- Constant Exhaustion
- Emotional Numbness
- Loss of Passion for Ministry
- Irritability or Short Temper
- Neglecting Spiritual Life
- Isolation
- Physical Warning Signs
- Cynicism or Resentment
- Scattered Thinking
- Hopelessness

Explain why you identified with those three:

Step 2: Reflect Honestly

Choose ONE of the signs you circled and answer the following:

1. What is one small but intentional change I can make this week in response?

(Be specific and realistic. A “small” change might mean saying no to one meeting, blocking rest time, or being honest with a friend.)

Write your answer below:

2. Who will I tell, so I don’t carry this alone?

(Think of someone you trust, spouse, mentor, friend, counselor, or another pastor. If no one comes to mind, that’s also a signal.)

Name the person (or action step):

A PASTOR'S RESET: 3-DAY PLAN

Day 1 - Create Space

Cancel or reschedule one non-essential meeting. Use that time for reflection, journaling, or prayer.

Day 2 - Rest on Purpose

Block a half-day for solitude, no phone. Go outside. Sit with God. Do nothing.

Day 3 - Reach for Support

Tell someone how you're really doing. Text a coach, mentor, or friend. Isolation fuels burnout, connection heals it.

Galatians 6:2

"Carry each other's burdens..."

Reminder for Your Soul 🙏

*"Pastor, you are not your output.
You are not your attendance numbers.
You are not your to-do list.
You are God's beloved."*

Taking time to reflect, reset, and reach out is not selfish; it's stewardship.
You can't pour out what you haven't received.