

The logo is centered on a black background. It features a blue mountain range silhouette at the top. Below it, the word "Summit" is written in a large, white, cursive font. Underneath "Summit" is the phrase "REACH • LEARN • LOVE • MULTIPLY" in a smaller, pink, sans-serif font. At the bottom of the central shield is a blue hexagon containing the year "2025" in black. The entire central graphic is enclosed in a blue shield-like border. Surrounding this central element are various geometric shapes: a blue and pink lightning bolt in the top left, a yellow triangle in the top right, a yellow and blue striped circle in the top right, a blue and white striped circle in the middle left, a yellow triangle in the middle right, a yellow and pink lightning bolt in the bottom left, a yellow triangle in the bottom left, a pink and black striped circle in the bottom right, and a white and pink lightning bolt in the bottom right.

Summit

REACH • LEARN • LOVE • MULTIPLY

2025

Earth, TX



Mark



Alex





PREVENTING

Ministry Burnout

Preventing Ministry Burnout

- I. The “Burn” in Burnout: Definitions
- II. On the Brink of Burnout: Warning Signs
- III. Beating Burnout: Recommended Practices







“Ultimately, every problem I see in every person I know is a problem of moving too fast for too long in too many aspects of life.”

Addicted to Busy

Brady Boyd



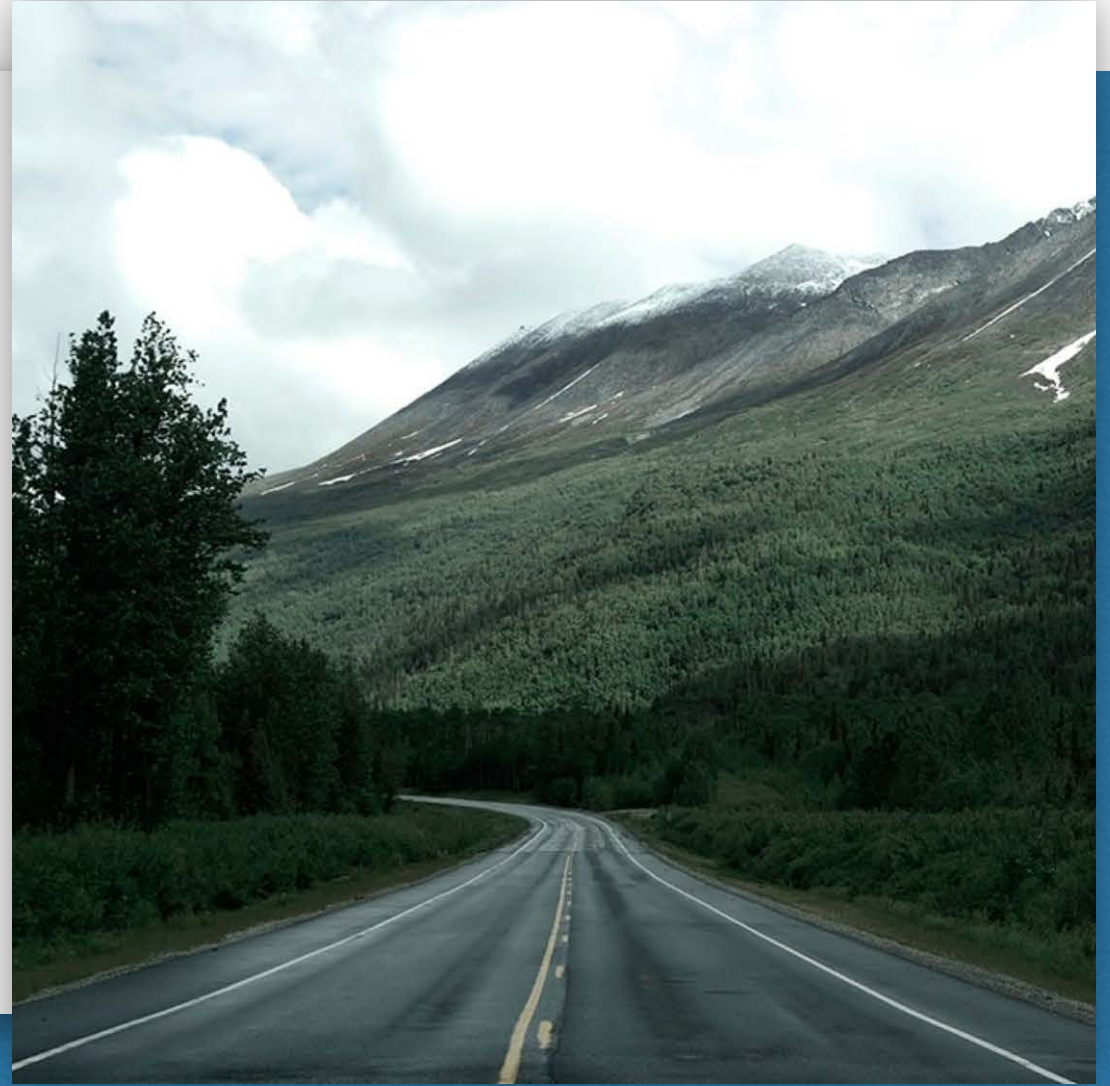
"People in a hurry never have time for recovery. Their minds have little time to meditate and pray so that problems can be put in perspective.

In short, people in our age are showing signs of physiological disintegration because we are living at a pace that is too fast for our bodies."

~ Archibald D. Hart, MD

“Hurry is the great enemy
of the spiritual life in our
day. You must *ruthlessly*
eliminate hurry from your
life.”

Dallas Willard



FOUNDATION

ALIVE

FULLY

“The glory of God
is man fully
alive.”

Irenaeus

PRACTICES

HABITS

“How we spend
our days is, of
course, how we
spend our lives.”

Annie Dillard

THE
“BURN”
IN BURNOUT



Definitions

*A multifaceted condition
comprised of three primary
aspects:*

- 1) Emotional Exhaustion*
- 2) Depersonalization*
- 3) Reduced Personal
Accomplishment*



Definitions

**“ENERGY DEPLETION
WITHOUT COMMENSURATE
RENEWAL”**

DR. DIANE CHANDLER

Neglect of SOUL

“

Souls are living. Like all living things,
our souls can thrive or they can
shrivel.”

Mindy Caliguire

“The soul is the most neglected part of
the leader’s life.”

Steve Macchia



Cultivating Healthy
Rhythms



Physical

Sleep Deprivation
Inadequate Nutrition/Movement

Dryness

Lack of time/interest in nurturing
relationship with the Lord
Self-medicating



Busyness

Role Overload
Competing Priorities
Fragmented Lives
Harried Schedules
Constant Digital Connection

Pressures

Expectations
Perfectionism
Comparison
“Eternal Significance”
Cultural Influences

Relationships

Loneliness/Isolation
Increased Conflict

Emotions

Decision Fatigue
Feelings of inadequacy
“The Shoulds”/GUILT
“Messiah Complex”
Anxiety/Worry

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ON THE
BRINK
OF BURNOUT

Physical

Difficulty sleeping
Feeling Drained

Stress-Related health issues

Mental

Easily distracted;
Forgetting “normal” things;
Obsessively thinking about
difficulties;
Tired Brain

Emotional

Increased worry/anxiety;
“Shorter Fuse”
Feelings of failure, hopelessness
Emotional Numbness

Vocational

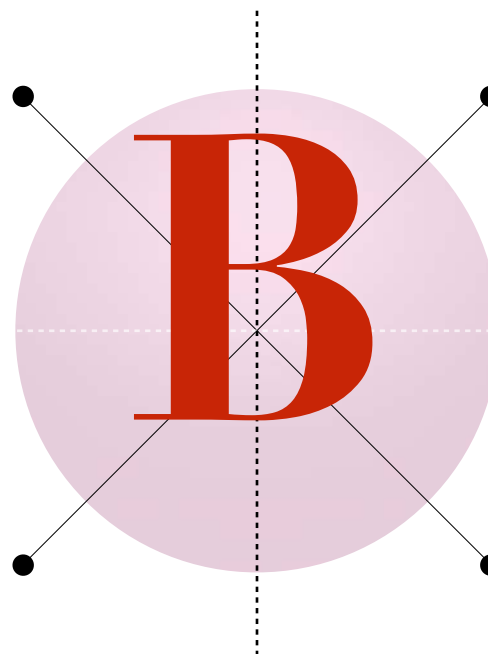
Long hours;
Procrastination & Indecision;
Avoidance vs motivation

Spiritual

Lack of interest;
Self-medicating;
Compromising standards;
Lack of belief in truth for yourself

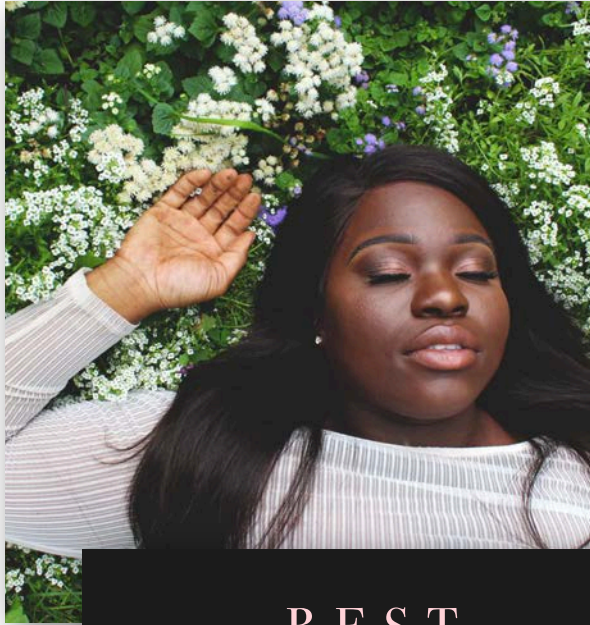
Relational

Conflict;
Lack of joy/delight;
Loneliness/Isolation



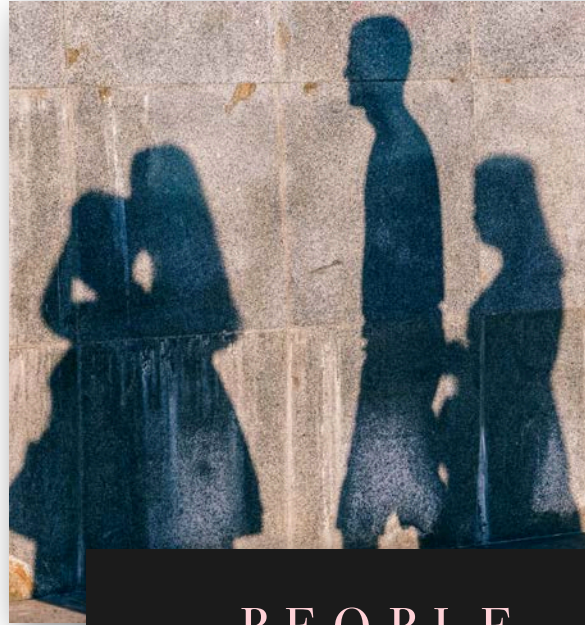
ADULthood
IS SAYING
"BUT AFTER THIS
WEEK THINGS WILL
SLOW DOWN A BIT"
OVER & OVER
UNTIL YOU DIE.

Soul NEGLECT



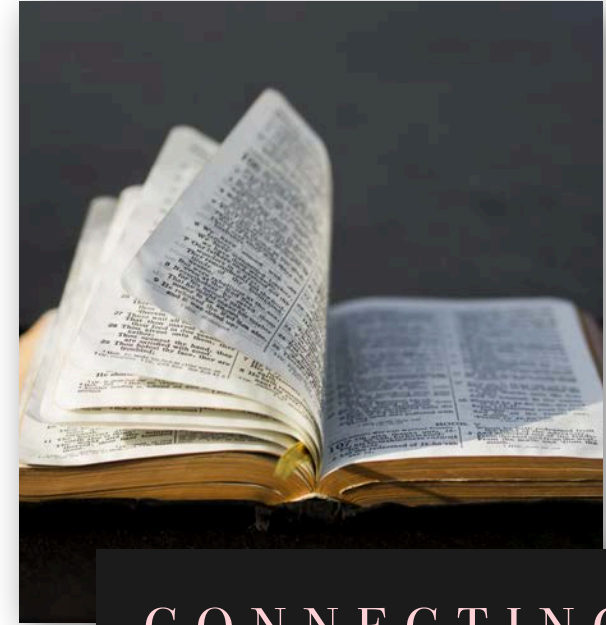
REST UNHEALTHY RHYTHMS

"Come to me, all you who are weary and burdened, and I will give you rest."



PEOPLE SOCIAL SUPPORT

"Therefore confess your sins to each other and pray for each other so that you may be healed."



CONNECTING WITH GOD

"As the Father has loved me, so have I loved you. Now remain in my love."

Misplaced Identity

“In love he predestined us for
adoption to sonship through Jesus
Christ, in accordance with his pleasure
and will....”

Eph 1:5



MISPLACED IDENTITY

“What subtle or not-so-subtle lies have you believed about yourself that have prevented you from setting boundaries, saying no, setting limits, acknowledging your capacity, and caring for yourself?”

- Debra Fileta



CULTIVATING SOUL HEALTH

Beloved

The background of the image is a misty, mountainous landscape. The mountains are rugged and covered in patches of snow or light-colored rock. The sky is filled with soft, pinkish clouds, creating a dreamy and ethereal atmosphere. The overall color palette is dominated by soft pinks, purples, and greys.

Identity

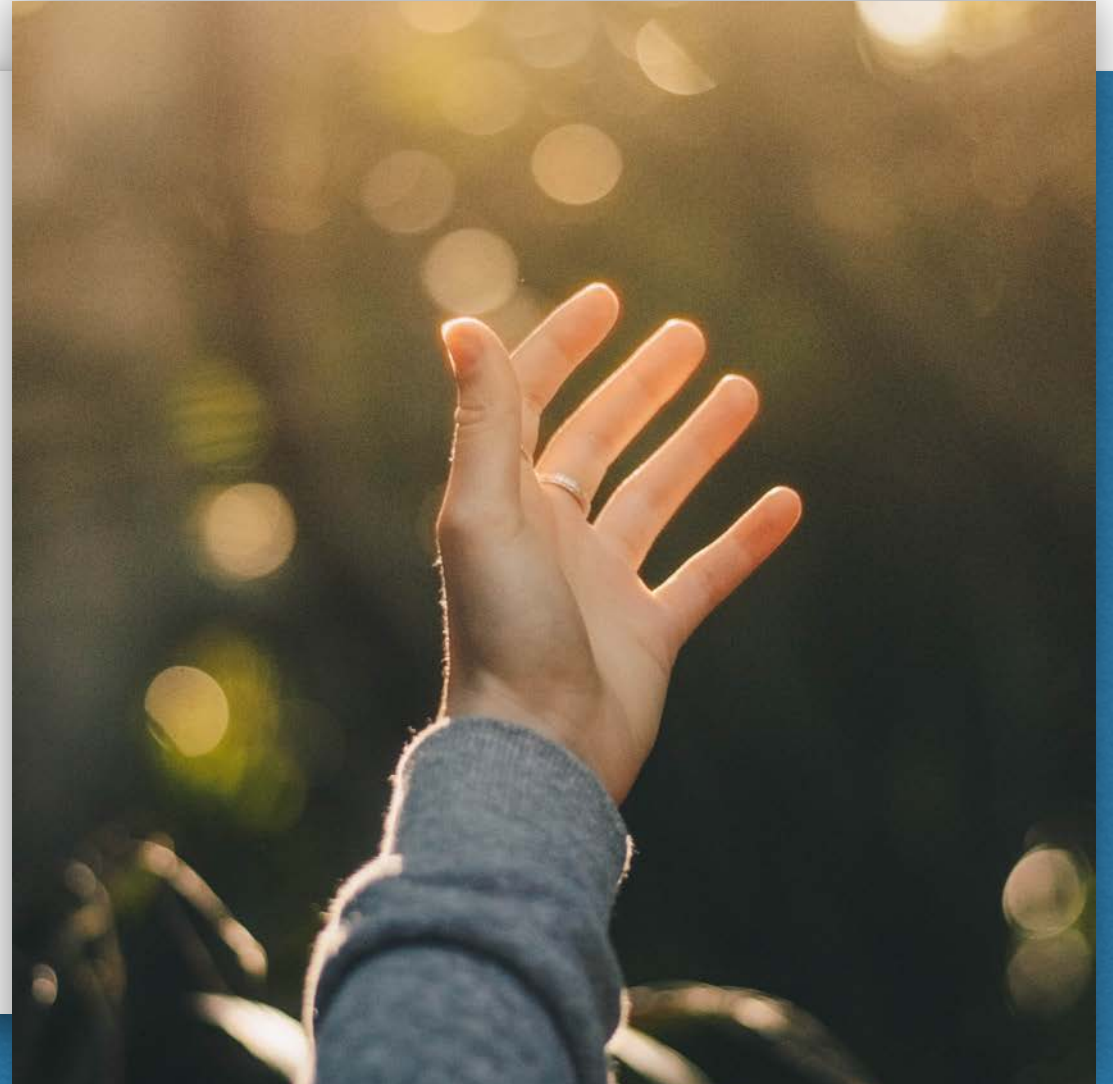
Dependence

Rhythm

IDENTITY

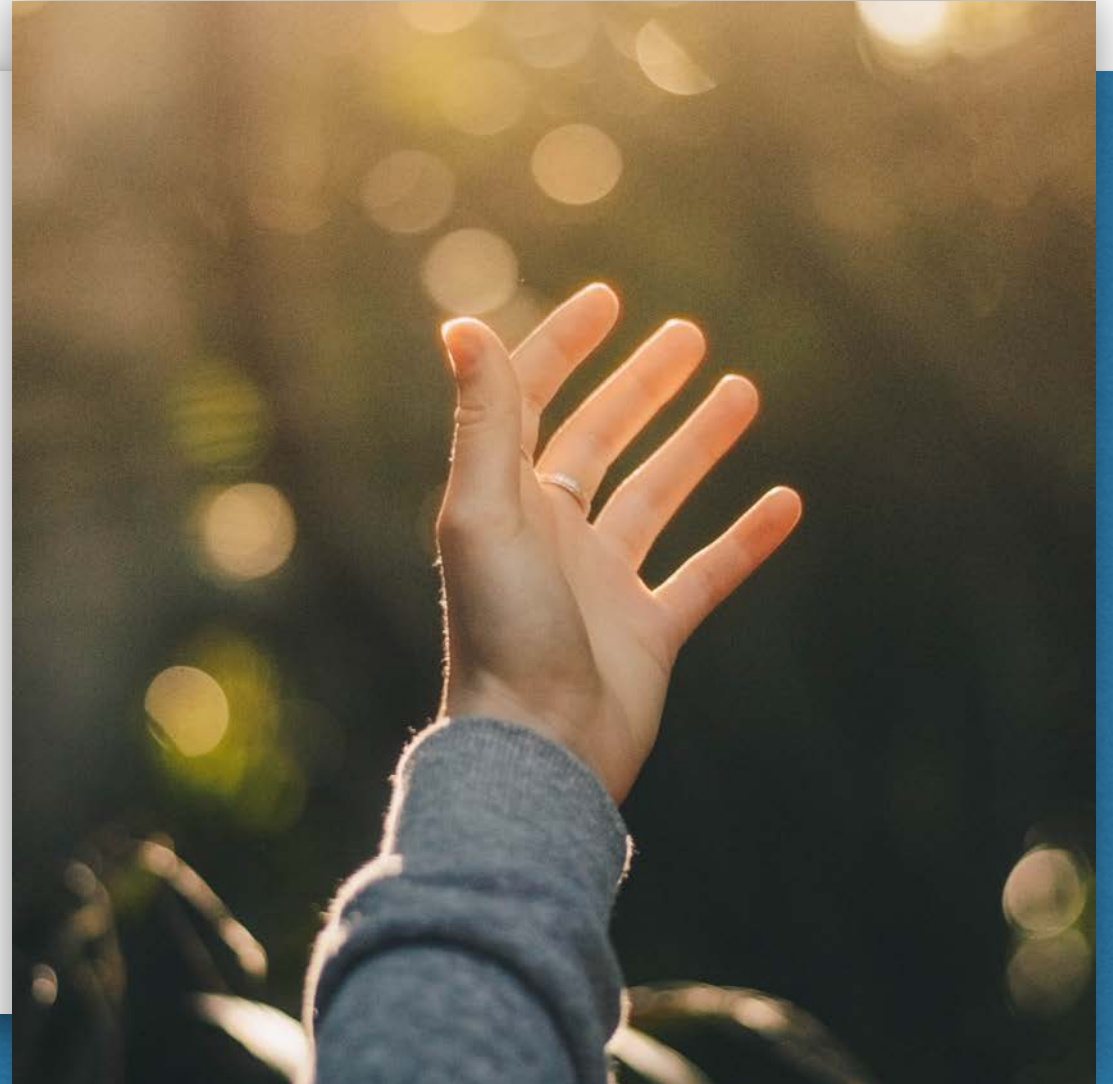
“We are marked from our first waking moment by an identity that is given to us by grace: an identity that is deeper and more real than any other identity we will don that day.”

Tish Harrison Warren



IDENTITY

Identity is something we receive, not something we achieve. Because of this, we have nothing to prove, and nothing to lose.



DEPENDENCE

“Apart from me,
you can do
nothing.”

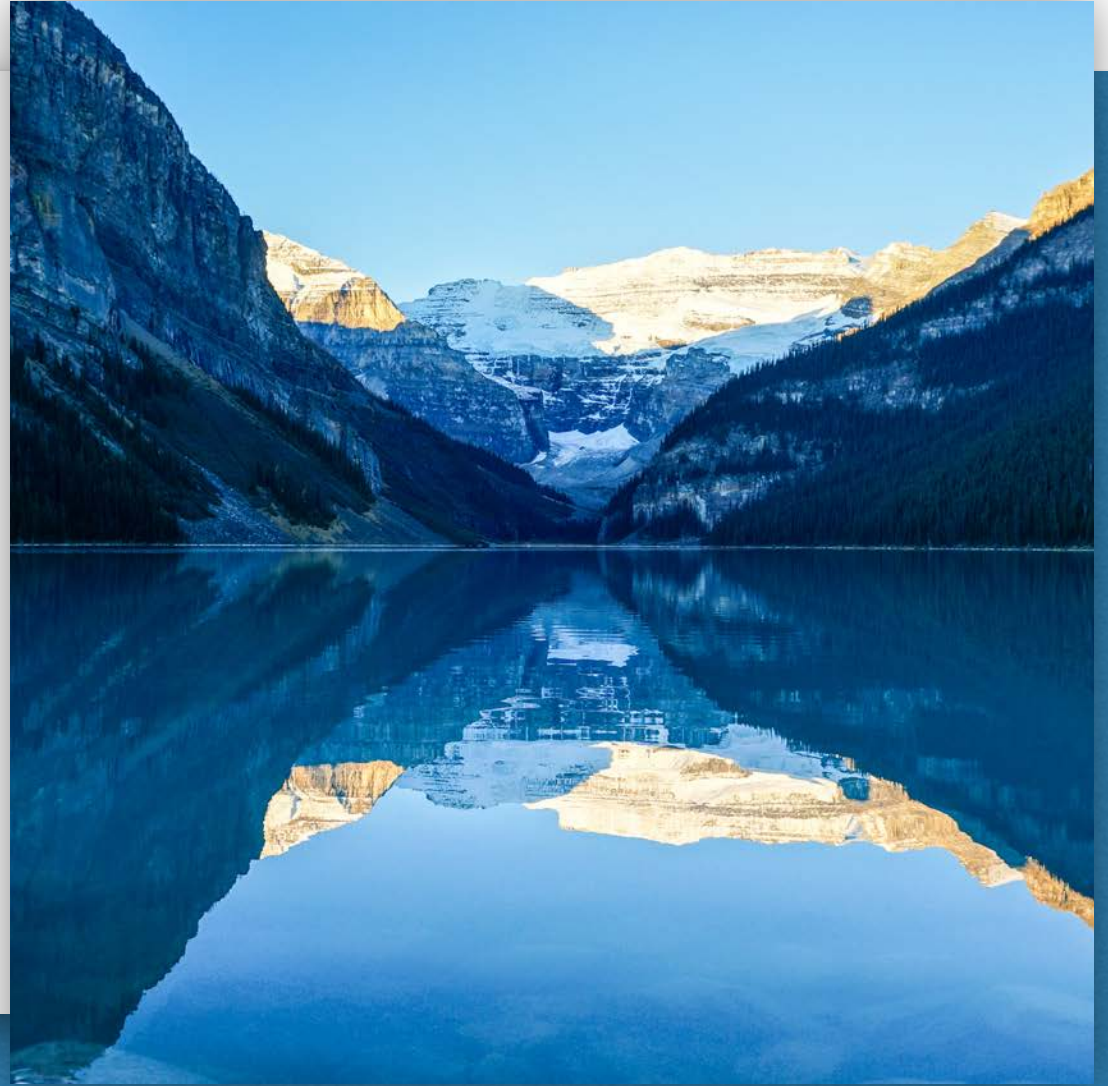
Jesus



RHYTHM

“As was His
custom...”

The Gospels



Jesus' Pace and Practices

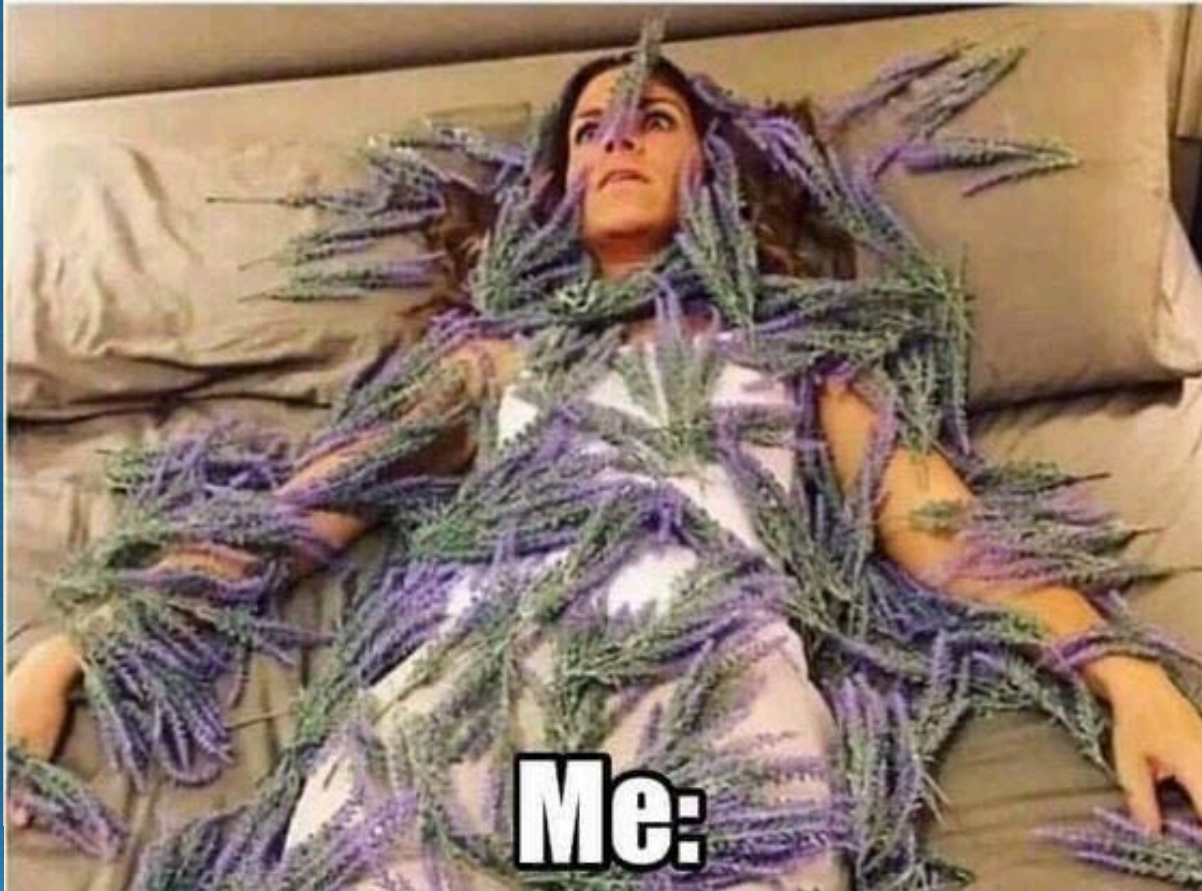
- Jesus was not in a hurry. (John 11)
- Jesus lived out of His identity instead of succumbing to the expectations of others. (Luke 3:21-22)
- Jesus said 'no.' (Luke 4:38-44)
- Jesus rested and invited others to rest. (Mark 6:31; Matt 11:20)
- Jesus cultivated His relationships. (John 15)
- Jesus withdrew. (The Gospels)



Soul-Care

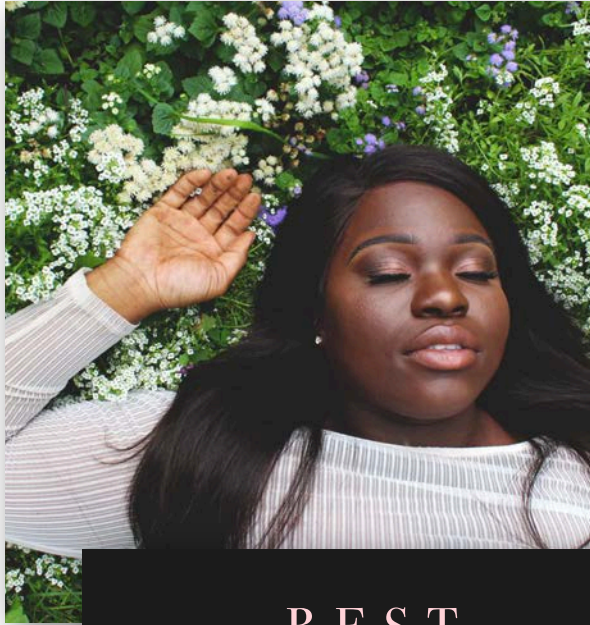
*Engaging in practices that are rooted in **relationship with God** and reflect **His design for human flourishing***

Lavender Reduces Stress



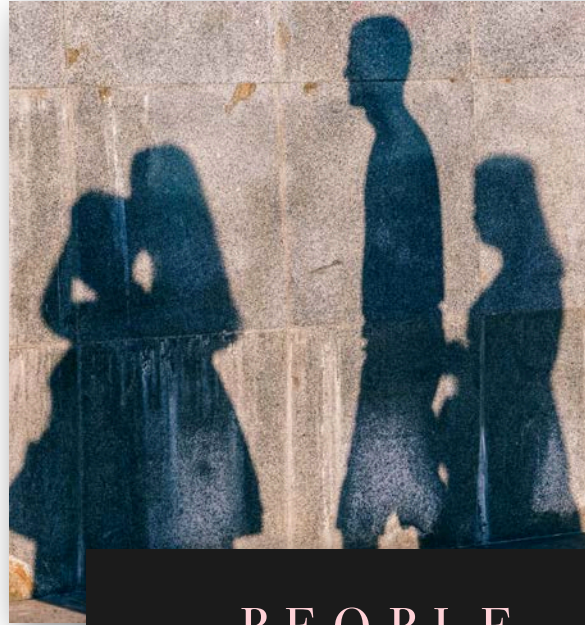
- *Breathe*
- *Move*
- *Stretch*
- *Music*
- *Sunlight*
- *Brain Dump*

Identity in Christ



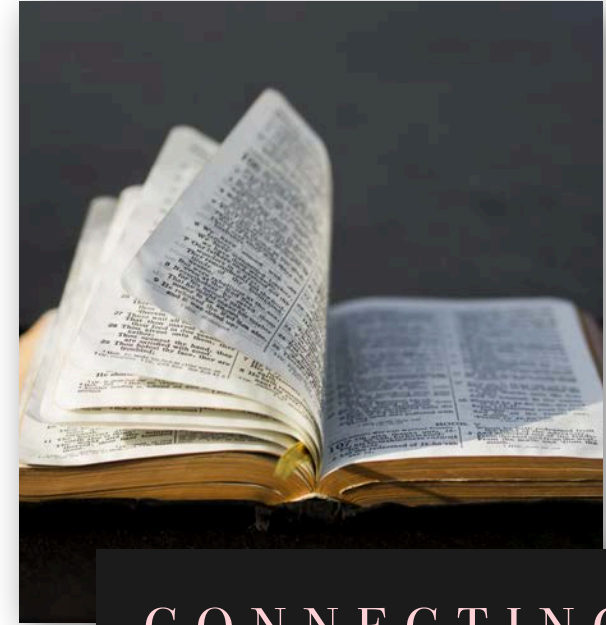
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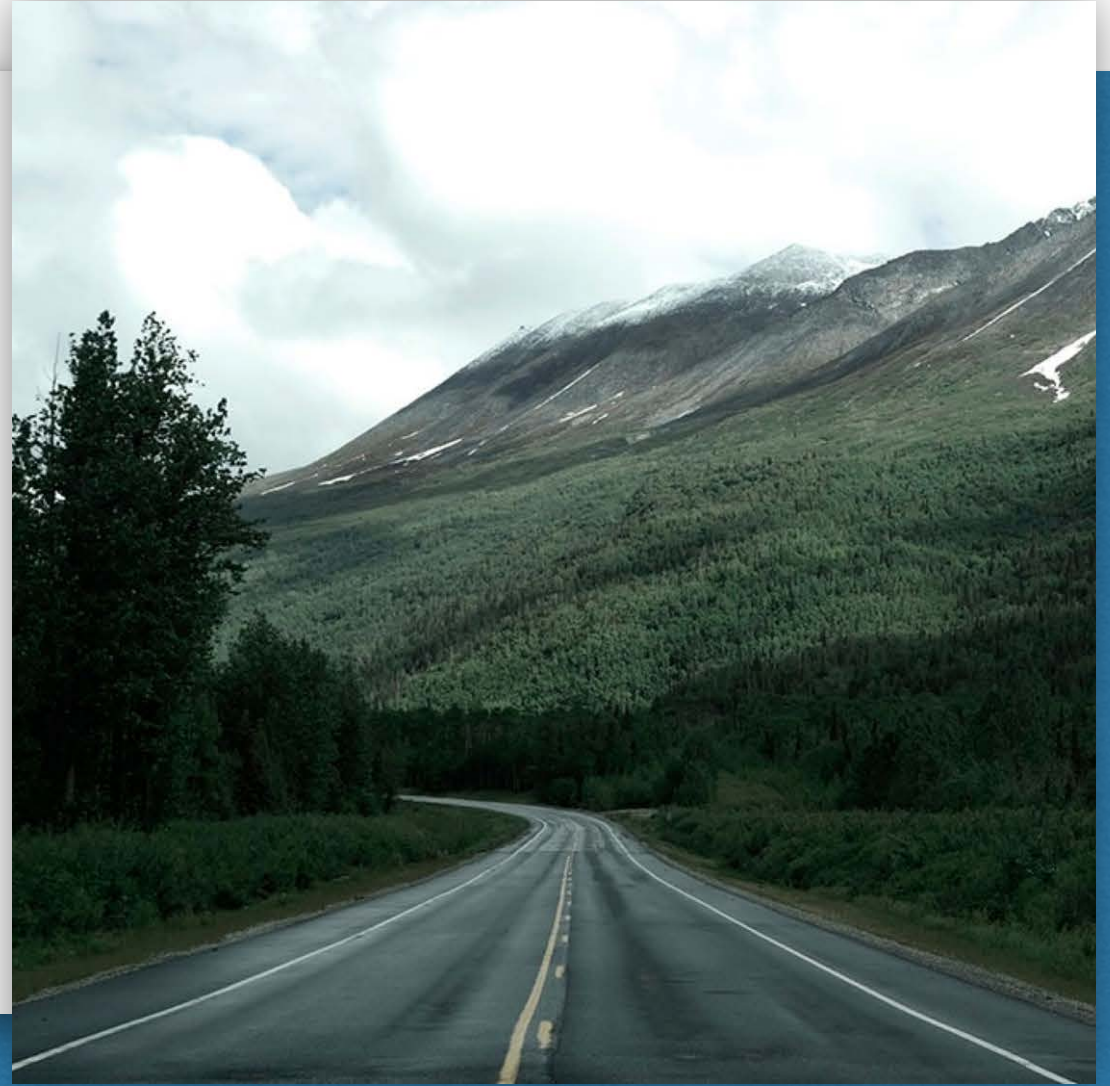


CONNECTING WITH GOD

"As the Father has loved me, so have I loved you. Now remain in my love."

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Eph 3:16-21





DIVISIONAL BREAKOUTS

A1: Atrium ▪ Peyton Coker

A2: Rooms A101-A109 ▪ Dietrich Blakes

A3: The Commons ▪ Mark Matthews

A4: The Commons ▪ Jonathan Adkins

A5: West Wing ▪ Alan Moore

Open: Connection Room ▪ Matt Mullins

Young Singles: Worship Entrance B ▪ Peyton Coker

Single Adults: Sports & Fitness Center ▪ Brandon McFarland