

Some Thoughts to Consider as You Seek to Maintain Energy in Ministry

(Note: This is not an official test, but a gathering of statements from our reading and personal experience that may be helpful as you seek your level of ministry fatigue. Please mark whether you agree or disagree with the statements through the lens of the last five years of your ministry. If you agree with two or more of these statements, you may want to consider taking renewal leave. Please contact us at Big Sigh Ministries for help with your next step).

1. My sense of humor has diminished. Agree Disagree
2. I dread going into work at least once a week. Agree Disagree
3. I feel I've lost my joy. Agree Disagree
4. I struggle to focus on ministry tasks. Agree Disagree
5. I am becoming cynical about the church and the people I serve. Agree Disagree
6. I find myself thinking, "If I can just get through _____, I'll make it". Agree Disagree
7. I have difficulty getting to sleep or staying asleep. Agree Disagree
8. Sometimes I feel sad for no apparent reason. Agree Disagree
9. I feel my sermons and ministry just don't seem to make a difference. Agree Disagree
10. I find it difficult to sit still. Agree Disagree
11. I have thoughts of leaving the ministry. Agree Disagree
12. When I come to my "Sabbath" day, all I want to do is sleep or relax in a mindless way. Agree Disagree
13. It's been a while since I've taken a real Sabbath. Agree Disagree
14. I've lost or am losing my creativity. Agree Disagree
15. I feel totally isolated in ministry. Agree Disagree

Big Sigh Ministries exists to help Christian Leaders achieve ministry resilience through renewal leaves.

Please note: For a more extensive, clinical questionnaire to discover your level of burnout, go to https://www.mindtools.com/pages/article/newTCS_08.htm