

DEALING WITH OVERLOAD

**RCCG Family Praise Chapel Bible
Study 2020:**

Ways to handle weariness of the Soul



OVERLOAD AND BURNOUT HAPPEN WHEN THERE IS NO 'MARGIN' IN A PERSON'S LIFE.

- **Margin = power minus load.**
- If your **total load** (personal expectations, emotional disabilities, work, relational problems, responsibilities, financial obligations, community involvement) is greater than your **power** (skills, time, emotional strength, physical strength, spiritual vitality, finances, social support, education) you will suffer overload or burnout.
- **Margin is basically 'space'** – not just time space, but emotional space and strength space. It is leaving multi-dimensional space in your life to enable you to deal with the unexpected.

ACCESSIBILITY OVERLOAD

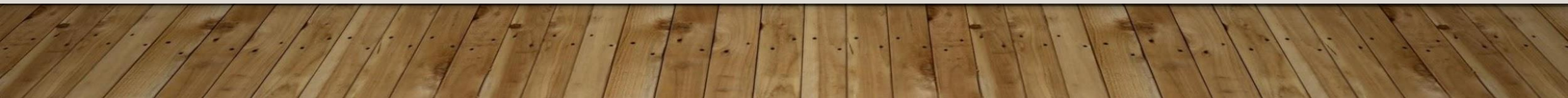
- *This overload is about always being available, if not in person then via technology.*
- **It is about a life with no private time.** It is about never being sure that you are not going to be interrupted. This overload is not just about always having people knocking on your door, but about all the different ways that people can track you down (even when you are sleeping) – your home phone, your mobile, your email, your voice mail, your answering machine, your fax, your call waiting, your pager.

MEDIA OVERLOAD

PROV. 27:20; 30:15-16; ECCL. 1:8; 2:10-11

- From TV, radio, CDs, DVDs, videos, music, books etc.
- **The impact of the media on our lives can be that:**
 - We become accustomed to seeing violence and killing
 - We become accustomed to hearing profanity
 - We become accustomed to deviant sexual behaviour [that is, sexual relations prohibited by the Bible].
 - We feel lost without music or TV – we don't like silence
 - We use media as an escape

ACTIVITY AND COMMITMENT OVERLOAD

- We are constantly under pressure to do certain things to make others happy.
 - We have no time to spend with our family, our friends, or by ourselves
 - For Christian, this overload of activity and commitment often is focused in church ministries and is often the result of living based on the expectations of others, or of our perceptions of the expectations of others.
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MANAGING EXTERNAL STRESSORS

- **There are some external factors over which we have no control. We cannot change them, but we can choose how we respond to them.**
- **There are other external stressors over which we do have some control, and that we can choose to change or to eliminate.**

2 IMPORTANT
PRINCIPLES FOR
MANAGING
OVERLOAD AND
BURNOUT

OVERSIGHT

BOUNDARIES

OVERSIGHT

- This is having an extra set of eyes that look constantly over your life...
- Exodus 18:1-27
- Proverbs 11:14 (15:22; 20:18; 24:6 – you need counsellors)
- Proverbs 12:15 (14:12 – it is wise to listen to others)
- Proverbs 28:23 (rebuke versus flattery)
- Ecclesiastes 4:9-12 (two heads better than one)

IN WHAT AREAS OF OUR LIVES DO WE ALL OVERSIGHT?

- There are many walking wounded Christians and ministers today because of lack of oversight..
- There are many areas where ministers, particularly in America, are often unprepared for ministry.
- Acts 20:28-35; I Peter 5:1-4; I Tim 3:1-7

AREAS NEEDING OVERSIGHT

- **Relational intelligence.** Many ministers need coaching on how to relate to all types of people. Many ministers crash because they have never learned how to relate well to others.
- **Leadership skills.** A minister who leads a church of 100 members is leading a relatively large organization, more than many in the secular world will ever lead. In addition, the minister is leading a large number of volunteers. Leadership is tough in any setting, but particularly this one.

AREAS NEEDING OVERSIGHT

- **Dealing with critics.** One of the most difficult times of a minister's ministry is the discovery that some people don't like him or agree with him. Some ministers never learn to deal well with critics.
- **Family matters.** The unprepared minister often lives a life of trying to please everyone. Those who often get left out of this effort are spouses and children. Many ministers fail because they failed their families.

AREAS NEEDING OVERSIGHT

- **Finances.** A minister is often thrust into an organization where there is an expectation of knowledge of budgets, balance sheets, and banking. Too many ministers are unprepared in both church finance and personal finance.
- **Consumer mentality.** Countless ministers enter the local church ministry expecting to find members who are sacrificial and others-centered. Instead they find members who are selfish and me-centered.

AREAS NEEDING OVERSIGHT

- **Uneven expectations.** How many hours is a minister expected to work each week. Do they have to attend every ceremony? Too many ministers don't know how to deal with these various expectations from church members.
- **Uneven spiritual growth.** Baby Christians are a special challenge in our times, especially if they stay babies perpetually. Immature believers present their own unique challenges where many ministers are unprepared.

AREAS NEEDING OVERSIGHT

- **Conflict resolution:** Being comfortable in, and embracing, healthy conflict while resolving unhealthy conflict is often a ministry requirement for which many church leaders are unprepared.

COMMON CAUSES OF BURNOUT / WEARINESS

Workload.

**Perceived
lack of
control.**

Reward.

**Community
or social
support.**

Fairness.

**Values
mismatch.**

WORKLOAD

NUM. 11:11-13; DEUT. 1:9-14

- When you have a workload that matches your capacity, you can effectively get your work done, have opportunities for rest and recovery, and find time for professional growth and development. When you chronically feel overloaded, these opportunities to restore balance don't exist.
- **Extremes of activity.** When a job (either at home or at work) is monotonous or chaotic, you need constant energy to remain focused — which can lead to fatigue and burnout.

WORKLOAD

EXODUS 18:1-24

- To address the stress of your workload, assess how well you're doing in these key areas:
 - planning your workload,
 - prioritizing your work,
 - delegating tasks,
 - saying no,
 - letting go of perfectionism