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United World Missions

GMC 2019

Global Mobilization Consultation

**THE GLOBAL CHURCH
TO THE GLOBAL FIELD**

Soul Care for the Global Mobilizer: How to Thrive Long-Term and Prevent Burnout



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Mark

6:30-32

The apostles gathered around Jesus and reported to him all they had done and taught.

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them,

“Come with me by yourselves to a quiet place and get some rest.”

So they went away by themselves in a boat to a solitary place.

What is Burnout?

- Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place.
- Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.
- The negative effects of burnout spill over into every area of life—including your home, work, and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it's important to deal with burnout right away.

<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>

Physical and Emotional Signs of Burnout

Physical Signs

- Feeling tired and drained most of the time
- Frequent headaches or muscle pain
- Lowered immunity, frequent illnesses
- Change in appetite or sleep habits

Emotional Signs

- Sense of failure and self-doubt
- Feeling helpless, trapped, and defeated
- Detachment, feeling alone in the world
- Loss of motivation
- Increasingly cynical and negative outlook
- Decreased satisfaction and sense of accomplishment

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Causes of Burnout

Work-Related Causes of burnout

- Feeling like you have little or no control over your work
- Lack of recognition or results for good work
- Unclear or overly demanding job expectations
- Doing work that's monotonous or unchallenging
- Working in a chaotic or high-pressure environment

Lifestyle causes of burnout

- Working too much, without enough time for socializing or relaxing
- Lack of close, supportive relationships
- Taking on too many responsibilities, without enough help from others
- Not getting enough sleep
- Personality traits like perfectionistic tendencies, the need to be in control, reluctance to delegate and high-achieving personalities can contribute to burnout

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Spiritual Practices to Thrive Long-Term

*Come with me by yourselves to a quiet place to get some rest.
Mark 6:31*

- **Lectio Divina** – *Let your ears hear*
- **Remember the Sabbath** – *Stop. Rest. Delight. Contemplate.*
- **Spiritual Mentoring Communities** - *Friends on the journey*
- **Prayer of Examen** – *Give thanks with a grateful heart*



Lectio Divina

Read / *Lectio*

- Is there a word or phrase that stands out to you?

Reflect / *Meditatio*

- What hope or encouragement do these words bring to you? What next step do you feel God asking you to take?

Respond / *Oratio*

- Offer up a prayer of praise, thanksgiving, or petition, depending on how you're moved.

Rest / *Contemplatio*

- Write down how those words apply to your life and how God is calling you to respond.

Psalm 46

God is our refuge and strength,
an ever-present help in trouble.

Therefore we will not fear, though the earth give way and the
mountains fall into the heart of the sea, though its waters
roar and foam and the mountains quake with their surging.

There is a river whose streams make glad the city of God, the holy
place where the Most High dwells.

God is within her, she will not fall; God will help her at break of
day. Nations are in uproar, kingdoms fall; he lifts his voice, the
earth melts.

The LORD Almighty is with us;
the God of Jacob is our fortress.

Come and see what the LORD has done, the desolations he has
brought on the earth. He makes wars cease to the ends of the
earth. He breaks the bow and shatters the spear; he burns the
shields with fire.

He says, "Be still, and know that I am God; I will be exalted among
the nations, I will be exalted in the earth."

The LORD Almighty is with us;
the God of Jacob is our fortress.

Remember the Sabbath

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. -Exodus 20:8-10

- *Stop.*
- *Rest.*
- *Delight.*
- *Contemplate.*

Taken from Emotionally Healthy Spirituality by Peter Scazzero

SPIRITUAL
MENTORING
COMMUNITIES:

*FRIENDS ON THE
JOURNEY*





Prayer of Examen

As you walk through your day with God, give attention to relationships and circumstances:

- **How do I find myself today?**
In thought, feeling, emotion, attitude, behavior
- **Where am I with God? With others?**
- **Do I have something to be sorry for?**
Then ask for forgiveness.
- **Do I have something to be grateful for?**
Then I give thanks.

In the morning: offer God your desire & intent for the day

In the evening: examine your heart with God

Taken from UWM's Spiritual Formation materials

Discussion Questions & Prayer Points

DISCUSS

- What are some of your spiritual practices to help you prevent burnout and thrive long-term?
- What word(s), ideas or images stood out to you from the Lectio Divina reading of Psalm 46 and why?
- How do you practice the Sabbath?
- What spiritual practices do you want or need to start putting into practice?

PRAY

- Pray against burnout and for any spiritual disciplines you need to put into practice to thrive long-term
- Pray for what you heard from the Lord through Psalm 46
- Give thanks to God for 3-5 things today and for the people at your table.