Burnout is a miserable experience with multiple painful consequences for our bodies, minds, relationships, and jobs. But God has lovingly provided holistic solutions that can help us prevent and recover from burnout. In this chapter, Pastor David Murray offers practical strategies for developing patterns that help us live in a grace-paced life and develop healthy rhythms. Pastor Murray has also experienced burnout—pastor David Murray offers hope for men on the brink of burnout or in the midst of breakdown.

SO...WHAT NOW?

We live in a burnout culture. Increasingly, people are reporting experiencing burnout at record rates across all professions, classes, and genders resulting in broken bodies, broken minds, broken marriages, broken relationships, and broken churches.

We want to reach the finish line with our joy intact. The following are the warning signs of burnout and offering practical strategies for recalibration everyone needs on a regular basis.

Warning Signs of Burnout:

- 70% of burnouts lasting three months or longer and 50% lasting longer than six months, it's unlikely that overwork ultimately results in greater productivity.
- Burnout is often caused by an unchecked desire to do more than one should. However, with increasing our responsibilities, and our problems from a divine perspective, resulting in peace and wisdom.
- Bible reading not only bring us into God's restorative presence, but also help us to see ourselves, more consistent use of the spiritual disciplines prevents burnout because things like prayer and meditation keep our minds focused on him.
- Men's refusal to seek help often results in moral and spiritual failure. Women are almost twice as likely to seek medical help than men, while men are more liable to fall into sin as a result of burnout.
- We are exhausted, depressed, anxious, stressed, and joyless. Their time is spent doing many good things, but their lives are not sustainable.
- They are imbalanced and unhealthy in other parts of our lives.
- Neither can we expect to neglect the soul and remain balanced and healthy in other parts of our lives.
- We cannot overwork our bodies and minds and expect to thrive spiritually and relationally.

But there is good news: God has graciously provided a way for us to reset our lives at a more sustainable pace. Drawing on his own experiences—and time spent with other men who were long at the finish line with their joy intact—Pastor Murray offers hope that weary men hope for the future, helping them identify the warning signs of burnout and offering practical strategies for recalibration everyone needs on a regular basis.

### What Could Have Prevented Your Burnout?

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### What Contributed to Your Burnout?

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### What Were the Negative Effects of Your Burnout?

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