

THIRD-DEGREE BURNOUT



LUKE 10:38-42

NOVEMBER 6, 2022





ONE WAY

SO TR







“I don’t know how to have fun. I don’t know how to be readily joyful.”

(Dr. Herbert Freudenberger, as heard on Noel King’s *All Things Considered* podcast “When a Psychologist Succumbed to Stress, He Coined the Term ‘Burnout’” on npr.com, December 8, 2016)



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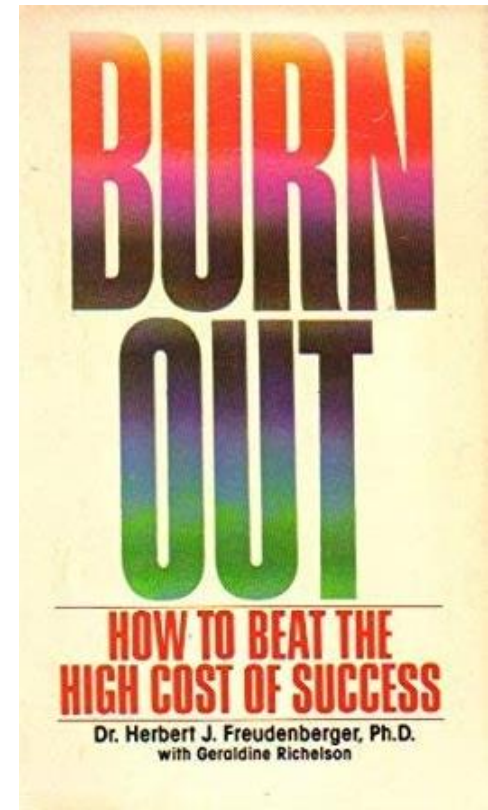
BURN OUT

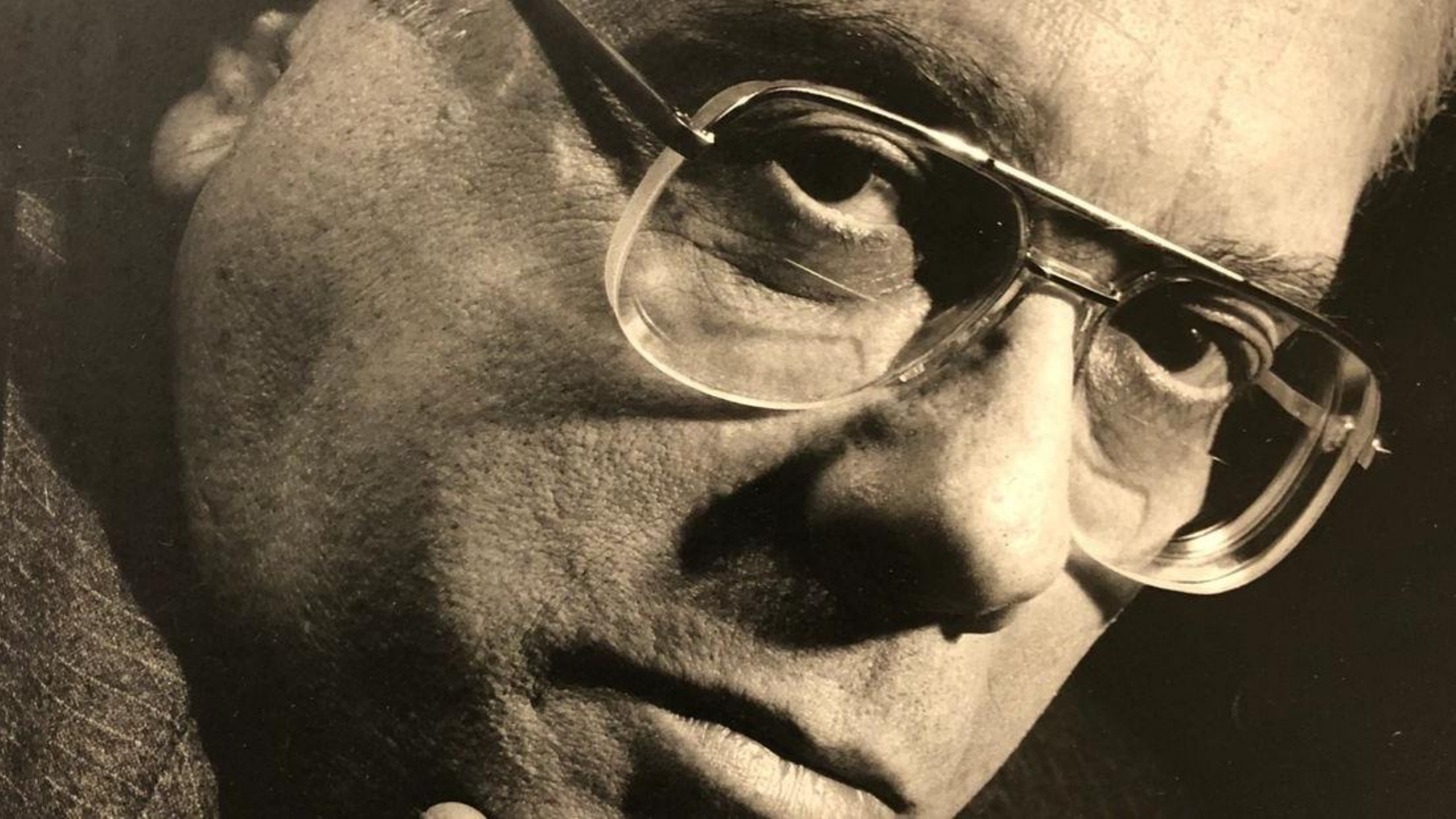
**HOW TO BEAT THE
HIGH COST OF SUCCESS**

Dr. Herbert J. Freudenberger, Ph.D.
"Psychologist of the Year," 1983,
The American Psychological Association
with Geraldine Richelson

“If you have ever seen a building that has been burned out, you know it’s a devastating sight....Some bricks or concrete may be left; some outline of windows. Indeed, the outer shell may seem almost intact. Only if you venture inside will you be struck by the full force of the desolation.”

(From Dr. Freudenberger’s book *Burnout: The High Cost of Achievement*)

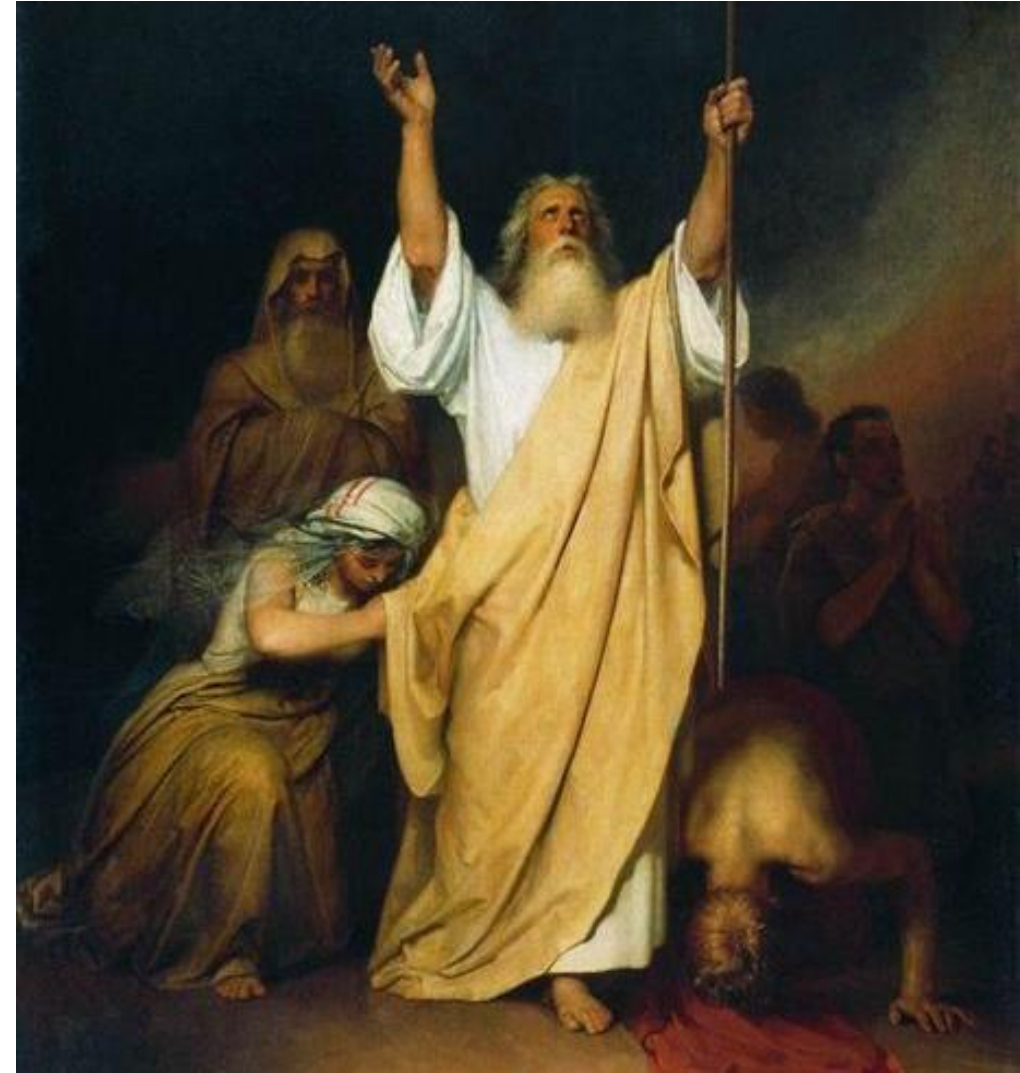




1 Kings 19:4 (ESV): “And he asked that he might die, saying, ‘It is enough; now, O LORD, take away my life.’”



Numbers 11:14 (ESV): “I am not able to carry all this people alone; the burden is too heavy for me.”



“Research shows that burnout has three dimensions: emotional exhaustion, depersonalization, and reduced personal accomplishment. When you’re emotionally exhausted, you feel used up – not just emotionally, but often physically and cognitively as well. You can’t concentrate. You’re easily upset or angered, you get sick more often, and you have difficulty sleeping....”

“...Depersonalization shows up in feelings of alienation from and cynicism towards the people your job requires you to interact with. One of my coaching clients summed it up like this: ‘I feel like I’m watching myself in a play. I know my role, I can recite my lines, but I just don’t care.’ What’s worse, although you can’t imagine going on like this much longer, you don’t see a feasible way out of your predicament....”

“...It’s this third dimension of burnout – reduced personal accomplishment – that traps many employees in situations where they suffer. When you’re burned out, your capacity to perform is compromised, and so is your belief in yourself.... Research shows that burnout occurs when the demands people face on the job outstrip the resources they have to meet them.”

(From Monique Valcour’s article “Steps to Take When You’re Starting to Feel Burned Out” on [hbr.com](https://hbr.org), June 20, 2016)



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PARENT* *TRAPS

encouragement for beleaguered parents

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Luke 10:38-42 (ESV): “Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house.
39 And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching.
40 But Martha was distracted with much serving....”

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“...And she went up to him and said, ‘Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.’ 41 But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’”

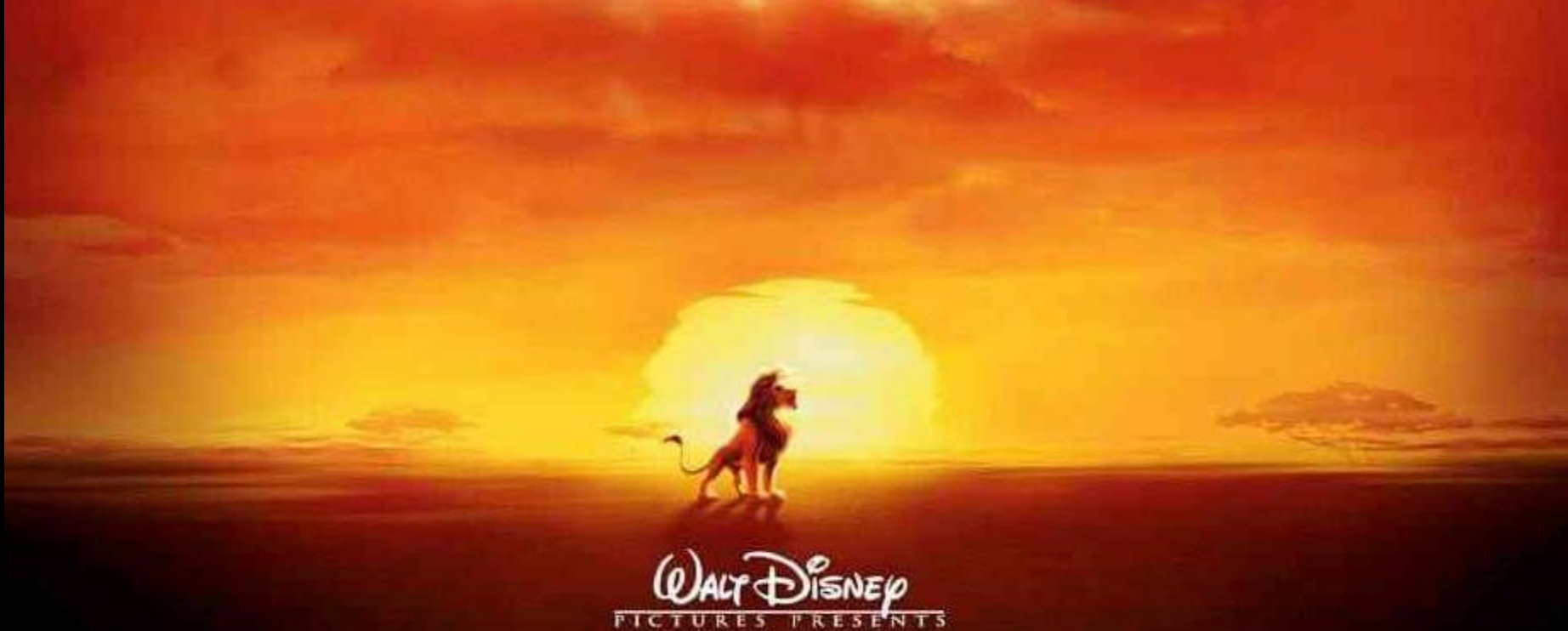
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Luke 18:17 (ESV): “Truly, I say to you,
whoever does not receive the kingdom of
God like a child shall not enter it.”

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Matthew 6:34 (KJV): “Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself.”

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Matthew 11:28-30 (ESV): “Come to me, all who labor and are heavy laden, and I will give you rest. **29** Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light.”

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PARENTS ARE
OVERTHINKING
THEIR
UNDERTAKING.

MAIN POINT



1 John 5:2-3 (ESV): “By this we know that we love the children of God, when we love God and obey his commandments.

3 For this is the love of God, that we keep his commandments. And his commandments are not burdensome.”

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Colossians 1:12 (NKJV): “Thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.”

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IGNORE ALL THE
DISTORTION;
YOU'VE CHOSEN THE GOOD
PORTION.

APPLICATION



Psalm 127:2-5 (ESV): “It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. 3 Children are a gift from the LORD; they are a reward from him. 4 Children born to a young man are like arrows in a warrior’s hands. 5 How joyful is the man whose quiver is full of them!”

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James 1:16-17 (ESV): “Do not be deceived,
my beloved brothers. **17** Every good gift
and every perfect gift is from above,
coming down from the Father of lights,
with whom there is no variation or shadow
due to change.”

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next week: Hebrews 12:5-11