Resources for:
Beating Burnout in Congregations

Our mission is to assist Greater Indianapolis Area congregations in finding and using the very best resources available to address the practical challenges they face. This resource list was developed to supplement a workshop, *Beating Burnout in Congregations*, led by Lynne Baab and sponsored by the Center. Baab is an associate pastor at Bethany Presbyterian Church in Seattle, Washington. She recommends the following resources as some of the very best available.

Burnout among congregational volunteers violates the very spirit of our communal life in Christ, which should give us life, joy and encouragement. Baab discusses symptoms of burnout among volunteers and church staff and presents ways to prevent burnout.

Evans presents the dangers of compulsive serving. She argues passionately and sensitively that wearing ourselves out as we serve is not what God intended for Christians. She helps readers face some of the inner issues that drive us towards overcommitment.

Two earlier books on burnout have been packaged together in this volume, written by a group of counselors behind the Minirth-Myers Clinics. They address the kinds of compulsive behavior that drives Christians to burnout.

Behind burnout we usually find a cluster of unbiblical beliefs about what God expects of us in ministry. Sanford uncovers and discusses the beliefs that lead us into burnout. He discusses them in a gentle, clear, helpful way.

Visit the Congregational Resource Guide website, [www.congregationalresources.org](http://www.congregationalresources.org), to find more resources on this and many other topics of interest to congregations.