

A Short List of Articles About Fatigue and Burn-Out in Ministry  
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## PASTOR/MINISTRY FATIGUE AND BURNOUT

**Dr. Archibald Hart, Fuller Seminary** – a name every church staff leader needs to know intimately. He just might help you save your family, your ministry, your sanity and even your life.

**Archibald Hart – Liberty University Convocation**

<https://www.youtube.com/watch?v=OxMzzewPej8>

**Archibald Hart – Biola University**

**The Rewiring of the Human Brain and How It Affects Mental Health**

<https://www.youtube.com/watch?v=89QZF9vZXSk>

**Archibald Hart – Biola University**

**Where Has All Our Pleasure Gone**

<https://www.youtube.com/watch?v=Frz-2zLdzbl>

**Archibald Hart – Biola University**

**Love and Intimacy in God's Kingdom**

<https://www.youtube.com/watch?v=6HLHy9DPHOw>

**Depressed, Stressed, and Burned Out: What's Going on in My Life?**

[http://enrichmentjournal.aq.org/200603/200603\\_020\\_burnout.cfm](http://enrichmentjournal.aq.org/200603/200603_020_burnout.cfm)

**Causes of Adrenal Fatigue**

<http://www.adrenaladvice.com/causes-of-adrenal-fatigue.shtml>

**The Workaholic Breakdown Syndrome: Chronic Fatigue**

<https://www.psychologytoday.com/blog/the-workaholics/201205/the-workaholic-breakdown-syndrome-chronic-fatigue>

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## Resources

Some Cures for Discouragement – Rick Warren

<http://www1.cbn.com/biblestudy/some-cures-for-discouragement>

Compassion Fatigue: A Problem for Pastors

<http://issuesetc.org/wp-content/uploads/2014/10/Compassion-Fatigue-GPC-2014.pdf>

Who Pastors the Pastor? | For The Church

<http://ftc.co/blog/posts/who-pastors-the-pastor>

Pastoral Fatigue – You Can Live With It

Ministry Magazine

<https://www.ministrymagazine.org/archive/2006/04/pastoral-fatigue-you-can-live-with-it.html>

The Dark Secret of Pastoral Fatigue: Why Pastors Get Tired

<http://www.christianpost.com/news/the-dark-secret-of-pastoral-ministry-why-pastors-get-tire-75814/>

Pastoral Fatigue | Church Then And Now

<http://churchthenandnow.com/2011/05/13/pastoral-fatigue/>

### Know Your Limits

Enrichment Journal - Assemblies of God

[http://enrichmentjournal.ag.org/200803/200803\\_160\\_KnowLimits.cfm](http://enrichmentjournal.ag.org/200803/200803_160_KnowLimits.cfm)

### Spiritual exhaustion and the cost of caring in the pastoral ministry ...

<http://www.hts.org.za/index.php/HTS/article/view/3032>

### We Need Each Other:

Counselors, Pastors, and Compassion Fatigue

<http://www.aacc.net/2015/02/12/we-need-each-other-counselors-pastors-and-compassion-fatigue-2/>

### Pastoral Burnout:

Compassion, Fatigue and On the Job Stress ...

<http://www.renewalchristiancare.com/seminars/pastoral-burnout-compassion-fatigue-on-the-job-stress-lanny-endicott/>

### Compassion Fatigue – Caring without Losing your Mind

<http://iamsignificant.ca/featured/compassion-fatigue-caring-without-losing-your-mind/>

### Pastoral Burnout And Leadership Styles:

Factors Contributing to ... **book by Ruben Exantus**

<https://books.google.com/books?id=eeVG814Od6AC&pg=PR17&pg=PR17&dq=pastoral+fatigue&source=bl&ots=cMbO0apuQf&sig=HpHerCBKglF3VxW9jPkH8daOZI&hl=en&sa=X&ved=0ahUKEwjelPnmyYvPAhXENT4KHUK8B1I4FBDoAQhEMAY#v=onepage&q=pastoral%20fatigue&f=false>

### 261 Compassion Fatigue - MinistryHealth.Net

[https://www.google.com/search?q=pastoral+fatigue&biw=1600&bih=1099&site=webhp&start=20&sa=N&dpr=1&bav=on.2.or.&bvm=bv.132479545,d.cWw&ion=1&ech=1&psi=yX\\_XV-uTOSuveteijagH.1473743367021.3&ei=-4PXV6aPFsyx-AHNgrQAw&emsg=NCSR&noj=1](https://www.google.com/search?q=pastoral+fatigue&biw=1600&bih=1099&site=webhp&start=20&sa=N&dpr=1&bav=on.2.or.&bvm=bv.132479545,d.cWw&ion=1&ech=1&psi=yX_XV-uTOSuveteijagH.1473743367021.3&ei=-4PXV6aPFsyx-AHNgrQAw&emsg=NCSR&noj=1)

### Preaching through Fatigue | Preaching Today

<http://www.preachingtoday.com/skills/themes/honing-craft/preaching-through-fatigue.html>

### Pastoral Burnout and the Impact of Personal Spiritual Renewal. Rest-taking and Support System Practices

[https://www.researchgate.net/publication/225618701\\_Pastoral\\_Burnout\\_and\\_the\\_Impact\\_of\\_Personal\\_Spiritual\\_Renewal\\_Rest-taking\\_and\\_Support\\_System\\_Practices](https://www.researchgate.net/publication/225618701_Pastoral_Burnout_and_the_Impact_of_Personal_Spiritual_Renewal_Rest-taking_and_Support_System_Practices) - A study of the debilitating effects of pastoral burnout examined through a study of 270 pastors.