THE PASTORAL BURN-OUT PREVENTION CALENDAR
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The one-line precepts in this calendar have come from varied sources. Some are my own and others have been garnered from various sources and people over my seventeen years in the ministry. I have no way of knowing where some of them have originated; therefore, I have no way of giving credit to the original sources. I want to thank each one of them for allowing God to use them to help me over the years. I would, however, like to give particular credit to Dr. David Stevenson, under whom I served for 5 ½ years, because I do know that several came to me from him. Whether he was the original source, I do not know.

Most of all I would like to give credit to God for giving all of the precepts, originally, in the scripture references from His Bible (KJV) that I have quoted with each precept.

I present to you some of the precepts that have helped me maintain my sanity over the last seventeen years in the ministry. As time goes on this may be expanded to fill an entire month. Currently, however, this week’s worth will get you started.

Use it like a calendar and read one each day of the week to reinforce the precept and the scripture reference in your mind. Constant use of the calendar will take them from temporary memory and eventually burn them into your permanent memory. Remember, repetition is the key, so use the calendar every week. And don’t forget the beginning and ending precepts for the week.

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On the following pages are some biblical precepts to remember and practice daily in order to prevent pastoral burn-out.

Is 40:31
But they that wait upon the LORD shall renew (their) strength; they shall mount up with wings as eagles; they shall run, and not be weary; (and) they shall walk, and not faint.
Precept for the beginning of the week:

PRAYER IS THE KEY TO SUCCESS

but

WORK IS THE TOOL OF PROGRESS
SUNDAY

Remember, you are not God.

You cannot do everything, so delegate.

Num 11:16-17 And the LORD said unto Moses, Gather unto me seventy men of the elders of Israel, whom thou knowest to be the elders of the people, and officers over them; and bring them unto the tabernacle of the congregation, that they may stand there with thee. And I will come down and talk with thee there: and I will take of the spirit which [is] upon thee, and will put [it] upon them; and they shall bear the burden of the people with thee, that thou bear [it] not thyself alone.

Acts 6:3 Wherefore, brethren, look ye out among you seven men of honest report, full of the Holy Ghost and wisdom, whom we may appoint over this business... :6-7 Whom they set before the apostles: and when they had prayed, they laid [their] hands on them. And the word of God increased; and the number of the disciples multiplied in Jerusalem greatly;
MONDAY

Duties never conflict.

So, in case of a seeming conflict in duties:

1. Prioritize
2. Quantitize
3. Exorcize

Eccl 3:1-8 To every [thing there is] a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up [that which is] planted; A time to kill, and a time to heal; a time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to dance; A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away; A time to rend, and a time to sew; a time to keep silence, and a time to speak; A time to love, and a time to hate; a time of war, and a time of peace.
Plan your work then work your plan.

I Cor 14:33
For God is not the author of confusion.
God never asks you to do something without enabling you to do it.

Jn 15:5 I am the vine, ye [are] the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

15:16 Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit,

Acts 1:8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

I Cor 3:9 For we are labourers together with God:
God turns all obstacles into opportunities.

Lk 18:27
And he said, The things which are impossible with men are possible with God.
Sometimes the urgent outweighs the important.

Philippians 1:23-24
For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better: Nevertheless to abide in the flesh [is] more needful for you.
SATURDAY

The Church belongs to God.

Remember, you are just the foreman in charge of carrying out the bosses' orders.

I Cor 4:2
Moreover it is required in stewards, that a man be found faithful.

(At the end of your day, go to the next page and read the precept for the end of the week.)
Precept for the end of the week:

When you’re feeling down and want to feel up, remember that

**ACTIONS PRECEDE FEELINGS**

Now flip back and start Sunday morning with the scripture on page 2; then page 3 for the “Precept for the beginning of the week;” and then start your week with Sunday’s page.
I hope these will help you. There are many other precepts in the Bible that will help you prevent Pastoral (or for that matter, Christian) burn-out; these are just a few. Kick each day of the week off with the precept and scripture for that day and you will have at least a start to prepare you to face the rigors of the pastorate with God by your side and prevent the possibility of your burning-out in the ministry.

In Christ’s Love,

Dr. J E Van Buskirk