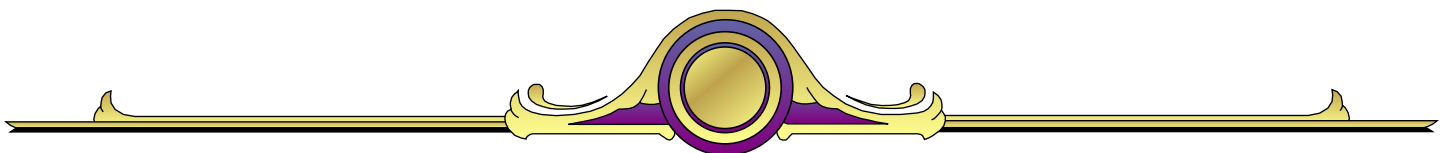


**THE
PASTORAL
BURN-OUT
PREVENTION
CALENDAR**



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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.

Dr. T.E. VanBuskirk

Dr. T.E. VanBuskirk
Pastor- Ogden Bible Baptist Church
Ogden Utah - March 2000

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:**

**P R A Y E R I S
T H E K E Y T O
S U C C E S S**

but

**W O R K I S T H E
T O O L O F
P R O G R E S S**

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.**

TUESDAY

**Plan your work
then
work your plan.**

I Cor 14:33

**For God is not the
author of confusion.**

W E D N E S D A Y

**God never asks
you to do some-
thing 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:

THURSDAY

**God turns all
obstacles into
opportunities.**

Lk 18:27

**And he said, The things
which are impossible with
men are possible with God.**

FRIDAY

**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.**

S A T U R D A Y

**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