

# SESSION 4

## Boundaries and Burnout

*"The Lord is my Shepherd; I shall not want...." Psalm 23*



# NOTES:

## How do boundaries help?

1. Boundaries guard against harm to the \_\_\_\_\_ we serve.
2. Boundaries guard against ruining our \_\_\_\_\_.

## SERVITUDE VS SERVANTHOOD

### **Servitude - Acts out of Compulsion**

Over-identification  
Superficial Sweetness  
Being Manipulated  
Begrudging Care

### **Servanthood - Is Voluntary**

Empathy  
Genuineness  
Meeting Needs  
Intentionality

3. Boundaries guard against \_\_\_\_\_.

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## Indications of Compassion Fatigue

1. \_\_\_\_\_.
2. Headaches
3. Jaw clenching
4. Muscle tension
5. Digestive problems
6. Sleeplessness

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## **Indications of Compassion Fatigue**

1. Depression
2. Difficulty concentrating
3. Increased negativity or irritation
4. Apathy
5. Feelings of helplessness
6. Withdrawal

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## **Indications of Compassion Fatigue**

1. Disillusionment with God
2. Abandoning religious practices
3. Spiritual Apathy

### **How did God care for Elijah?**

1. \_\_\_\_\_ and nourishment
2. Time with \_\_\_\_\_
3. Companionship
4. Change in \_\_\_\_\_

### **How do we refresh?**

1. Rest and nourishment
2. Time with God
3. Companionship
4. Change in activity

**Thoughts and Reflections:**

- What indications of compassion fatigue can you most identify with?
- How do you replenish yourself to ensure that you don't burn out?

## **GROUP DISCUSSION**

What are some boundaries that you have established to guard your ministry?

How do you cope with the emotional toll of caring for others?

What are some ways we can support each other?

**Biblical References: Psalm 28:7 | Psalm 23 | Isaiah 40:31 | Matthew 11:28-30**

- Which verse can you identify with the most? Why?
- What is God's Spirit prompting you to do?
- What will you do this week to practice what you have learned?
- Write an "I will statement" and share it with the person next to you.

*This week, I will:*

## HELPFUL HINTS

Having an accountability partner will  
help in ensuring that you won't burn out.

Care but don't carry. God loves people more than we ever could.  
He is more than capable.

When you care about others problems  
more than they do, that's a problem.



Scan to watch the session video!  
Feel free to share with others and revisit anytime for a review.