

The Path to Burnout

By Pastor Tom Chesko

Bible Text: Exodus 18:14-27 **Preached on:** Sunday, April 6, 2008

Faith Community Bible Church

2375 Center Place El Cajon, CA 92020

Website: www.faithsd.org

Online Sermons: www.sermonaudio.com/faithsd

The following recording is made available by Faith Community Bible Church. Information on how to obtain additional messages will be given at the end of the message.

Exodus chapter 18 verse 13.

And it came to pass on the morrow, that Moses sat to judge the people: and the people stood by Moses from the morning unto the evening. And when Moses' father in law saw all that he did to the people, he said. What is this thing that thou doest to the people? why sittest thou thyself alone, and all the people stand by thee from morning unto even? And Moses said unto his father in law, Because the people come unto me to enquire of God: When they have a matter, they come unto me; and I judge between one and another, and I do make them know the statutes of God, and his laws. And Moses' father in law said unto him. The thing that thou doest is not good. Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone. Hearken now unto my voice, I will give thee counsel, and God shall be with thee: Be thou for the people to God-ward, that thou mayest bring the causes unto God: And thou shalt teach them ordinances and laws, and shalt shew them the way wherein they must walk, and the work that they must do. Moreover thou shalt provide out of all the people able men, such as fear God, men of truth, hating covetousness; and place such over them, to be rulers of thousands, and rulers of hundreds, rulers of fifties, and rulers of tens: And let them judge the people at all seasons: and it shall be, that every great matter they shall bring unto thee, but every small matter they shall judge: so shall it be easier for thyself, and they shall bear the burden with thee. If thou shalt do this thing, and God command thee so, then thou shalt be able to endure, and all this people shall also go to their place in peace. So Moses hearkened to the voice of his father in law, and did all that he had said. And Moses chose able men out of all Israel, and made them heads over the people, rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens. And they judged

the people at all seasons: the hard causes they brought unto Moses, but every small matter they judged themselves. And Moses let his father in law depart; and he went his way into his own land.¹

This morning I am going to address every pastor's favorite topic, burnout in ministry.

Back in 2001 there was an article that appeared in the Associated Press. It was an AP article and I will just quote in part of this.

"It has been said that even saints sleep and prophets play, but for those who minister to others, it is sometimes difficult to find time for either. With the demands of their congregations weighing heavily on their shoulders, burnout in the church can snuff out even the most devout spiritual leader. Burnout, according to author Sara Breanock is a condition caused by unbalance, too much work or responsibility, too little time to do it over too long a period. It is a risk in any profession, but to those who minister to others, caregivers, being on call 24 hours a day seven days a week becomes an occupational hazard."

And it is for real, so much so that Daniel Speight, a medical doctor, and Debbie Saltzer Goodwin co authored a book in 1999 which they titled *Time Bomb in the Church: Defusing Pastoral Burnout.*

Now these are the most recent stats. Now you take these with a grain of salt because I believe that many people are in the ministry shouldn't be in the ministry. And if you are not called of God to be there, you shouldn't be there or you are not going to last. Many others are not even saved so, you know, when they apply these stats, it is across the board to people who really, I believe, shouldn't even be where they are at.

But nevertheless, here is what they uncovered. Fifteen hundred pastors leave the ministry ever month due to moral failure, spiritual burnout or they are just tired of the contention in the church.

Fifty percent of pastors marriages end in divorce. That is one out of two.

Eighty percent of pastors and 84 percent of their spouses feel discouraged.

Fifty percent of pastors are so discouraged they would leave the ministry if they could, but they have no other way of making a living.

Eighty percent will, in fact, leave within five years from the time of their first pastorate, 80 percent.

Seventy percent constantly fight depression.

¹ Exodus 18:13-27.

The pastor is less likely to have a close friend in any person in the community. It is a truism of ministers that local pastors don't have a local pastor.

Eighty percent of pastor's spouses feel that their spouse is overworked.

Eighty percent of pastor's spouses which their spouse were doing something else other than ministering. And the majority of pastor's wives surveyed—and this is really said—it said that the most destructive event that has ever occurred in their marriage and family was the day that they entered the ministry.

Now even if a portion of that is true, it is an occasion for prayer. I mean, I did not cite that to engender sympathy. But if we do care about the Lord's Church, then we ought to pray for those who are in positions where they have to deal with people on a daily basis and also it is a good introduction. I thought it would be a good introduction to this sermon, the path to burnout.

Now fortunately for Moses we saw here that someone was looking out for him. And it took Jethro to see what Moses didn't.

In verse 14 it says he saw all that he was doing to the people. Now I do believe it is a definite fact that sometimes others can see what we are doing to ourselves when we fail to realize it or admit it either in this area or another area of our lives. So thank the Lord for friends, loved ones who speak up when it is necessary.

I believe that Jethro cared enough about Moses to go to him in love with his concern. What does Proverbs 17:17 say?

"A friend [what?] loveth at all times, and a brother is born for adversity."²

So it says in verse 14, "And when Moses' father in law saw all that he did to the people, he said, What is this thing that thou doest to the people? why sittest thou thyself alone, and all the people stand by thee from morning unto even?",3

I mean, draw your own picture of that. Here is Moses. I don't know if he is sitting on the ground, if they made some kind of a chair for him, the propped him up in some way. But he is sitting and then there is just this endless line of people who are coming to him from the morning until the evening.

Now this was more than another busy day at the office, believe me.

Philip Ryken said, "It was, perhaps, the first case of judicial backlog."

³ Exodus 18:14.

-

² Proverbs 17:17.

I like that. I mean, when they were slaves in Egypt, I mean, where did they get their disputes settled? I mean, how did them? And they had no legal recourse. But the most amazing thing to me as I read this text was that everybody let this go on.

I presume that they thought that Moses was capable of keeping up the pace. But where did Moses go wrong? See, we don't see things about ourselves or at least we won't admit them all the time. He failed, I believe, to have clearly defined boundaries.

See, I like clarity in life. I mean, I like black and, you know, black is black and white is white and grey is grey and I know I like to have clearly defined convictions. I like, "Thou shalt and thou shalt not." I like that. It gives me a lot of security.

But he failed to separate, you know, one part of the work that God had done to him or had given to him from the greater work that the Lord had given to him. His work, this part of he work became his life and he gave all of himself to it. You know, Moses suffered from the inability to say no. And a lot of people have an inability to say no. And people take advantage of that sometimes.

It says in verse 15:

And Moses said unto his father in law, Because the people come unto me to enquire of God: When they have a matter, they come unto me; and I judge between one and another, and I do make them know the statutes of God, and his laws.⁴

So he is trying to tell Jethro why he was there all day long in front of this endless crowd of people. He says, "I am the judge and I am the counselor and they come to me and this is what I do."

Now the best advice that I could give someone entering the ministry is this. It will take more time than you can safely give it for your sake, for your family's sake, if you allow it to do that. But one of the most frustrating things about ministry is that there is always more to do than the time that you have to do it.

Now you all feel that way, right? Doesn't that? There is just an endless things to do.

But as for a pastor, you can always spend more time reading. You can always spend more time studying, trying to keep up with the movements of our day. And you need that personal edification. You need to be constantly studying and thinking ahead for sermons. You could always spend more time in prayer, planning for the Lord's day, planning for future events, encouraging people, counseling, writing, administering the affairs of the church, visiting people, conducting meetings, taking calls. It never ends. It never ends.

⁴ Exodus 18:15-16

And just as soon as you finish one sermon, you begin thinking about the next. I think about preaching God's Word every day of the week. It is always running through my mind.

You people are always running through my mind. And how can I take God's Word and just address the things that we all have in common and some specific things from the Word of God that will profit your life?

God forbid that I should ever come up here and never have anything to say from the Word of God.

Time to go. Time to go when a man can stand in a pulpit and say nothing at all from the Word of God. That is the greatest joy of my life is to preach the Word of God other than my family and friends that I cherish.

Here is another mistake Moses made. He was sincere in his desire, but naïve in the solution. His intentions were good. We could not fault him one bit. He wanted to do the Lord's work and there is certainly nothing wrong with that. But he failed to realize that he couldn't do a very important part of it alone. And that was to minister to the spiritual needs of so many people.

And, listen. That is the heart of ministry. The heart of pastoral ministry is ministering to the hurts of the people, the needs of the people. But it is not the sole responsibility of one man or a group of men called elders and deacons to do that. It is every person who is part of the body of Christ. It is their responsibility to minister one to another.

Now, listen. When Paul wrote 1 Corinthians chapter nine verse 22, "To the weak became I as weak, that I might gain the weak: I am made all things to all men, that I might by all means save some," he didn't have what Moses was doing in mind when he said, "I have become all things to all people."

Yet some people think that is the job description of a pastor, to be all things to everyone. And sometimes the expectations that they have of them are very unrealistic and very unbiblical.

Now please hear me, because one of the concerns that I have in preaching a message like this is that some of you who may really need to speak to me and who are really hurting spiritually will shy away from doing that because you think that I said that I am too busy. That is not what I am saying. God called me to do the work that I do. God equipped me to do the work that I do. God is mine Ebenezer. He is my stone of help. And I want you to know I sleep pretty good at night, I do. I have a wonderful and supportive wife. I have a wonderful daughter. I couldn't be more blessed with the two closest people that God has given me in my life in this ministry. I mean that. You will never know, you know, the difference that that has made. And when you pray for me, you ought to pray for them.

⁵ 1 Corinthians 9:22.

I am not complaining in the least. I am thankful that God has me here, that he has had me here for, what, 19 years now, 18, 19. I lost count. So this is not, in fact, really about Moses as much as it is about the help that was available to him, but they were still sitting on the sidelines.

Maybe they were afraid to say something to Moses because this was the one who led them out of Egypt by the power of God. He was God's prophet. But, listen. Human beings are human. They are human. And none of us can do everything well. That is why the Church needs the spiritual gifts of the whole body, all of God's people.

Romans 12:3, "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think."

Nobody can do the work of the ministry alone.

"But to think soberly..." to make a sound judgment about himself, "according as God hat dealt to every man the measure of faith."

In other words, God has equipped all of us for what he wants us to do.

"For as we have many members in one body, and all members have not the same office," or the same function. Just like the arms and the eyes and the hands. They are all members of one body, but they have a different function.

He says in verse five, "So we, being many, are one body in Christ, and every one members one of another. Having then gifts differing according to the grace [because the spiritual gift is a gift. It is a gift of grace] that is given to us, 10

And then in 1 Corinthians 12:11, the last verse that we read this morning, "But all these," referring to the spiritual gifts that he had mentioned, "worketh that one and the selfsame Spirit [that is the Holy Spirit of God], dividing [that is, in other words, among the body] to every man severally as he will."

So it is God who gives the spiritual gifts and he does it according to his sovereign will for the edification of the entire body so that we can minister one to another and minister outside the body to those who are in need of Jesus Christ.

Well, let's look at Jethro's diagnosis back in Exodus chapter 18 and verse 17.

"And Moses' father in law said unto him, The thing that thou doest is not good." 12

⁸ Ibid.

⁶ Romans 12:3.

⁷ Ibid.

⁹ Romans 12:4.

¹⁰ Romans 12:5-6.

¹¹ 1 Corinthians 12:11.

¹² Exodus 18:17.

And that is an understatement.

"What you are doing isn't good."

Here comes the burnout, verse 18.

"Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone." ¹³

This is a simple diagnosis. He is saying, "Moses, you are headed for trouble and the people with you. Your workload is going to catch up with you if you don't make a change."

I mean, just imagine the stress level that he faced every day. Now, we all face stress. I mean, even the youngest ones in here face a level of stress every day. Some would say it is not possible without a frontal lobotomy to live without stress. I mean, I think that is the ultimate cure for stress.

But this was more than any one person could cope with in the long run. And listen to me this morning. That could apply to some of you here today. You are burning the candle on both ends. You are doing more than it is possible for any one person to do. You have an inability to say no and to set priorities. And if you are in a profession where you are a caregiver, you are even more vulnerable than the rest.

One pastor put it this way. His name was Wayne Cordero. He said that each person's plate is a different size. And I am not talking about the dinner plate. I know some of you have larger plates than others. He said, "Each person's plate is a different size. Each person needs to first find the size of their plate and then fill it only with those things that are of the highest priority."

All right, that is where you start when you look at your life and all the things you do. You start with the things that are the highest priority and those are the non negotiable things. And be careful that you do not allow anyone to rob you of those things, anyone including your boss. Those are the non-negotiables, the things of the highest priority.

And here is what he said concerning your plate now, of the things you have to do.

"Before adding any additional things to an already full plate..."

Ah, let's stop there for a moment. How many of you already have a full plate? I am not going to ask you to put your hand up. You know who you are. Probably everybody's hand could go up. At least that is the way we feel.

¹³ Exodus 18:18

"Before adding any additional things to our full plate, we must take something else off the plate to leave space for the new duty.

So before you are going to add something to an already full plate, something has to go off that plate. You need to determine what that is.

Now Jethro also knew that the people would be affected, not only would Moses, you know, burn out, but it would have an adverse affect on the people of things didn't change quickly. What people? The people standing in line all day long. This was worse than the DMV. This was worse than the ER. I mean, God forbid that you go to an ER if you really need help quickly. I mean they are asking you what your social security number is. You know, where were you born?

You can barely breathe and they are asking you all these questions.

Let me say this also. If Moses spent so much time settling disputes, it threatened his leadership in other critical areas and that would infect the entire nation.

You know, I mean, could you imagine these people who stayed all day waiting to talk to Moses and didn't make it? You know? It just ended there. The sun went down and he left. Had a lot of disgruntled people.

You know, I will let you in on a little truth. Sometimes counselors need counsel. Amen? Physician, heal thyself.

And if they are wise, they will accept it. They will accept counsel.

Proverbs 11:14 says, "Where no counsel is, the people fall." 14

That is almost synonymous to, "Where there is no vision, the people perish." ¹⁵

"Where no counsel is, the people fall: but in the multitude of counsellors there is..." 16 What? Safety.

Then Proverbs 12:15. "The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise "17

And then Proverbs 19:20. "Hear counsel, and receive instruction, that thou mayest be wise in thy latter end."18

¹⁴ Proverbs 11:14.

¹⁵ Proverbs 29:18.

¹⁶ Proverbs 11:14.

¹⁷ Proverbs 12:15.

¹⁸ Proverbs 19:20.

I say to the young people over and over again, "Open up your ears to godly counsel."

"In the multitude of counselors there is safety." ¹⁹

You might think you are right in your own eyes in the choice that you are about to make, but you need to run it through the grid of God's Word and you need to talk to godly people about the decisions that may affect the rest of your life.

God brought people into your life, spiritually minded people for a reason. Your mother, your father, you pastor, friends in the church, elderly, godly men and women. Listen to them. Be wise. Don't be a fool.

Now Moses, as you read on here, here is the advise he gives him. And this is pretty simple.

"Moses, keep the main thing the main thing."

Verse 19.

"Hearken now unto my voice, I will give thee counsel, and God shall be with thee." ²⁰

In other words, God will be in the counsel and God will bless you through it.

"Be thou for the people to God-ward, that thou mayest bring the causes unto God: And thou shalt teach them ordinances and laws, and shalt shew them the way wherein they must walk, and the work that they must do."²¹

Moses would not abrogate his office as a teacher, but he would have to do things differently. He would continue to teach the people the law of God, the whole of God's law and the application of it to their personal lives. But he would rely on other capable men to implement it at the practical level in these civil matters that they were bringing to him.

What did we read in Acts chapter six, Acts chapter six verse three? Here is what the apostle Paul said... or Peter.

There was a dispute in the early Church. There was troubles and they were coming to the apostles. What did he say?

"Wherefore, brethren, look ye out among you seven men of honest report," that means a good reputation, "full of the Holy Ghost," that is spiritually minded men, "and wisdom, whom we may appoint over this business." ²⁴

²⁰ Exodus 18:19.

-

¹⁹ Proverbs 11:14.

²¹ Exodus 18:19-20.

²² Acts 6:3.

Verse four

"But we will give ourselves continually to prayer, and to the ministry of the word." ²⁵

This is my main thing. That is my main thing.

Teaching is preventative counsel. That is why we make it the main thing. See, I counsel to you every week. You don't need to come to my office all the time. Just open your ears on Sunday morning. Read your Bible Monday through Saturday. This is not, you know, rocket science. If it was rocket science none of us would understand. God brought it right down to where we could grasp it.

Ephesians 4:11. "And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors [dash] teachers," pastor teachers. That is their primary function.

Why?

"For the perfecting of the saints." ²⁷

That is... now I feel like I am missing out here because I have been laboring at this for 18 years and none of you are perfect yet. I must be doing something wrong.

It means spiritual maturity. For the spiritual maturity of the saints, so the saints can do the work of the ministry. That is God's way. Everyone of us and to be a minister means to serve. You go out and serve the Lord Jesus Christ for the edifying or the spiritual maturity of the whole body of Christ. So the body will not be mature if every individual member is not mature, it will not be mature as a whole. It takes all of us.

And, listen. Anyone who has been a Christian for a number of years ought to be able to take the Word of God and counsel other people. You don't need to go off to professionals. You really don't. Now you may need, you know, "In the multitude of counsellors there is safety,"²⁸ there are some things that you do rely on other people who have experience in certain things, but for the most part it is, you know, every member counseling others through the Word of God, encouraging them, praying with them, crying with them, bearing one another's burdens and so fulfill the law of Christ.

Well, what did he tell him?

"Moses, keep the main thing the main thing."

_

²³ Ibid.

²⁴ Ibid.

²⁵ Acts 6:4.

²⁶ Ephesians 4:11.

Ephesians 4:12.

²⁸ Proverbs 11:14.

And I would say to you today, "Mom, keep the main thing the main thing." And do you know what your main thing is? To raise your child up in the fear and the admonition of God. It is not about preparing them for a future. It is not about home schooling. It is not about a college preparation. It is not about all of those other things however important they are. It is to train them moment by moment, day by day in the things of God and the fear of God.

Father, what is your main thing? Go to work. Bring home a paycheck so the family could eat, so you could do some things you like to do.

No, it is to train up your children in the fear and the admonition of God and when they will old they will never leave.

But he also tells them, "Distribute the workload."

That is 21.

"Moreover thou shalt provide out of all the people able men, such as fear God, men of truth, hating covetousness." ²⁹

Why would they have to hate covetousness? So they wouldn't be susceptible to bribes and you would not have justice served in the disputes.

"And place such over them, to be rulers of thousands, and rulers of hundreds, rulers of fifties, and rulers of tens: And let them judge the people at all seasons: and it shall be, that every great matter they shall bring unto thee."

"In the multitude of counselors there is safety." ³¹

"But every small matter," 32 which was the majority of it they will be able to take care of.

Now the qualifications for these men were high in verse 21. As a matter of fact, you could draw a parallel between the qualifications here in Exodus chapter 18 and the men in Acts chapter six when the apostles, "Look out among you for these kind of men who can settle the disputes." The parallel is saying in Exodus 18:21 it was, "such as fear God, men of truth, hating covetousness." 33

In other words, they have to have a good reputation in being trustworthy to be men of character.

_

²⁹ Exodus 18:21.

³⁰ Exodus 18:21-22.

³¹ Proverbs 11:14.

³² Exodus 18:22.

³³ Exodus 18:21.

In Acts six it is men of honest report. That is a good reputation, trustworthy, men of character, full of the Holy Spirit. Those are men who fear God and full of wisdom, men of truth. The qualifications, Old Testament and New Testament, for men who are to do the work of the ministry to assist Moses were the same.

But look at the benefit to Moses and the people in verse 22.

"So shall it be easier for thyself, and they shall bear the burden with thee. If thou shalt do this thing, and God command thee so, then..."34 you are not going to burn out. You are going to be able to endure. You are going to be able to have a long and a fruitful ministry and all the people with you will go home in peace. Why? Because they are not staying in this line for six hours or eight hours or whatever it is.

They didn't have a lot of happy campers. You know, it is always better. It is always best to do things God's way. This is a win win situation for Moses and the people. He would have been foolish to neglect Jethro's advice

Proverbs 1:7 says, "The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction."³⁵

Listen to me. Moses was not a foolish man. He knew this was the right thing to do. He knew that it was of God. And I will say to you today that we have no excuses for making bad decisions because we have the whole counsel of God's Word, Old Testament and New Testament given to us. I think we all love the verse from Proverbs. We probably have all memorized these verses. Proverbs three and verse five and six. Say them with me.

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.³⁶

And how does he direct your paths? Psalm 119:105, "Thy word is a lamp unto my feet, and a light unto my path."³⁷

Look, you have everything that you need. You really do. You have everything that you need in God's Word for a life of faith and godliness.

Listen. This is what we need. This is a priority. What happens when you take a sponge? Now draw the picture in your mind. And you soak it in water. It is going to drip water. You take a sponge and you soak it in a bucket of water, it is going to drip water. If we

³⁶ Proverbs 3:5-6. ³⁷ Psalm 119:105.

³⁴ Exodus 18:22-23-24.

³⁵ Proverbs 1:7.

soak ourselves in Scripture, if we saturate ourselves in the Word of God, we are going to drip the essence of the wisdom of God.

What are you saturating yourself in? What are you soaking yourself in? Are you taking just a little dip, five minutes a day, your little devotional if that is all you have? You are not saturating yourself in the Word of God. You are not equipping yourself for life and you are not going to be able to equip anyone else for life unless you are full of the Word of God.

Don't let other things knock this priority off your plate, out of your life.

Now Moses heeded Jethro's advice. Look at verses 24 quickly.

"So Moses hearkened."

And the idea there is, wow, you know, thank you. I needed to hear that.

[He] hearkened to the voice of his father-in-law and did all that he had said and [he] chose able men out of all Israel, and made them heads over the people, rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens. And they judged the people at all seasons: the hard causes they brought unto Moses, but every small matter they judged themselves.³⁸

Thank the Lord for Jethro. You know, when I came here when the church was smaller, you know, I tried to have my hands in everything. I don't do that anymore. I am not even going to the work day. I am going fishing. You work. Don will do my share. If I show up Mark will send me home.

So I don't know what I am going to do, probably work at home. Marie has this long list for me.

No. No donuts, bad for your health.

Well, Moses immediately acted on Jethro's advice. And, you see, the problem was solved when gifted people began to exercise their gifts and their abilities. There must be a willingness to do that.

I mean, do you have a willingness to serve in the body of Christ? Who are you serving?

Let me ask you that right now. Whether you are young or older it doesn't matter. How are you ministering to God's people? You might minister outside the body, but I am just thinking about even here among the people that we know and see every week. How are you ministering one to another? What are you doing to serve in the church, to lessen someone else's loads?

³⁸ Exodus 18:24-26.

You know, there are some people here who are just take on three, four, five tasks because there just aren't enough people to do all the things that need to be done.

So step in if you can. Use the gifts that God has given to you.

The instance of obedience is prompt action. That is what Moses did. He hearkened.

3 John chapter one and verse four, we close with this.

For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth. I have no greater joy than to hear that my children walk in truth.³⁹

Now listen. If you are a parent, you know the meaning of that. You don't have any greater joy than to see your children walking in the truth. God delights when we hear truth and we translate it into action.

Be ye what? "...doers of the word, and not hearers only, deceiving your own selves." 40

And every pastor, as John can testify and did testify here, is delighted when people receive godly counsel and follow it.

It is not often, but sometimes I have received messages from some of the younger people who grew up a little bit and maybe didn't appreciate at the time the things that they had heard from their mom and dad and the things that they had heard preached for years. But later on in life they come to appreciate those things, appreciate it now. Lay hold of it now. Follow it now.

If you would like a list of other audio messages or other resources available from Faith Community Bible Church, please write to us at 2375 Center Place, El Cajon, California 92020. The telephone number is 619-461-2245. Thanks for listening.

-

³⁹ 1 John 3-4.

⁴⁰ James 1:22.