

Mad Church Disease

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Anne Jackson, Nashville, TN (www.MadChurchDisease.com)

What is Mad Church Disease?

*Burn out! **Burnout is the accumulation of stress over time.***

My story:

- Grew up as pastor's daughter. I used to sneak into dad's business meetings.
- They were happy up front, acting friendly. But in private meetings there was fighting, yelling, accusations.
- Dad fell into depression
- I eventually lost my faith.
- Stress in ministry put me in the hospital.

Parallels between Mad Cow Disease and Burnout:

1. Both go unnoticed.
2. Both affect all areas of your health: Physical—exhaustion, depression, withdrawal, overweight (71% of ministers are overweight, don't get enough sleep or exercise) Spiritual – Spending time with God becomes too convicting; Emotional – 25% of pastors have family issues; Relational -- 70% of pastors don't have close friends.
3. Both are contagious: Attitude affects volunteers & staff; Going to the office when you're sick (sets bad example to your staff)
4. Both lead to death. --Destroys your marriage, dreams, purpose, family, friends.

The Reason for Burnout:

God wants to use you to change the world, but the enemy is there to stop you.

John 10:10 A thief is *only* there to steal and kill and destroy.

John 15:5 Apart from me you can do nothing. Only you can tell if you are connected to Christ.

[Participants filled out personal assessment surveys.]

Five Principles of Recovery from Burnout:

1. Own up to the decisions you make for yourself.
2. Change your purpose (repent): You have to re-identify what your purpose is, your calling to love God and love others.
3. Make a plan: Write it down and keep track.
4. Create boundaries: Afraid that setting boundaries will get you fired. But Jesus created space.
5. Find accountability: Gal. 6 -- carry each other's burdens.

On Sacrifice:

What does the Bible really say about sacrifice? Romans – we are a living sacrifice.

Through the sacrifice of Christ, everything else is taken care of.

God's faithfulness can be seen as he restores you to ministry and gets you excited about doing it again.