BIBLE STUDY WORKSHEET

Serving Without Burning Out

Faithful service needs limits, shared responsibility, and replenishment.

Prepared by Vanessa

"Come to me, all you who are weary and burdened."
Matthew 11:28

OPENING PRAYER

Jesus, You see every responsibility I carry. Show me where service has become self-erasure or exhaustion. Teach me to help with humility, receive support, and trust You with needs I cannot personally meet. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps helpers recognize burnout, release savior pressure, share responsibility, receive care, and serve from a sustainable place.

[ ] Notice depletion [ ] Release savior pressure [ ] Share the load [ ] Receive care

PART 1

Burnout Has Signals

Exhaustion may appear as irritability, numbness, resentment, forgetfulness, hopelessness, or losing joy in what once mattered.

> **Elijah was afraid and ran for his life.**
>
> 1 Kings 19:3

TRUTH TO CARRY

Spiritual strength does not cancel physical and emotional limits.

REFLECT AND DISCUSS

Which burnout signal do you notice?

What has been draining you longest?

What basic care has been neglected?

> **Pay attention before depletion becomes collapse.**

PART 2

You Are Not the Savior

Helpers may begin believing everything depends on them. This creates pressure, control, and guilt.

> **I planted the seed, Apollos watered it, but God made it grow.**
>
> 1 Corinthians 3:6

TRUTH TO CARRY

We participate faithfully; God remains responsible for outcomes and growth.

REFLECT AND DISCUSS

Which need feels entirely dependent on you?

What part is yours and what is not?

Where do you need to release control?

> **Need does not automatically equal assignment.**

PART 3

Share the Load

Delegation, referrals, teamwork, and clear roles protect both the helper and the person receiving help.

Two are better than one.

Ecclesiastes 4:9

TRUTH TO CARRY

Shared responsibility is not abandonment.

REFLECT AND DISCUSS

What task could be shared?

Who has gifts you have not invited?

What referral would offer better support?

Asking for help can be wise leadership.

PART 4

Receive What You Give

People who serve also need prayer, encouragement, meals, counseling, rest, friendship, and honest accountability.

> **Let us consider how we may spur one another on.**
>
> Hebrews 10:24

TRUTH TO CARRY

Receiving care keeps service human and relational.

REFLECT AND DISCUSS

What support do you resist receiving?

Who could care for you this week?

What rhythm would refill you?

> **You are worthy of the care you freely offer others.**

PRACTICE

My Sustainable Service Plan

Choose one area of service and reshape it around calling, capacity, teamwork, and rest.

The service that is depleting me:

The signal my body or attitude is giving:

What is truly mine to carry:

What can be shared, referred, or released:

The care I will receive this week:

THIS WEEK I WILL

[ ] Check my capacity
[ ] Set a clear time limit
[ ] Invite teamwork
[ ] Use referrals
[ ] Schedule recovery
[ ] Say no when it is not my assignment

MY ANCHOR PRAYER

Jesus, help me serve faithfully without trying to become indispensable.

CLOSING TOGETHER

Service Can Flow From Peace

Healthy service leaves room for humility, limits, community, and joy.

CLOSING PRAYER

Lord, restore tired helpers. Release us from guilt and savior pressure. Teach us to serve from love, share the load, and receive care. Amen.

A WORD OF ENCOURAGEMENT

You can be deeply compassionate without becoming responsible for every need.

CLOSING CIRCLE

One burden I need to share or release:

One form of care I will receive:

MY DECLARATION

I will serve from calling and capacity, trusting God with what I cannot carry.

Signature

Date