

**Stress, Pressure, Mid-Life Crisis**  
**CCBI, MIN 200**  
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## **Stress/Pressure**

*In Ministry: "Ministry Burnout"*

- The 10 factors that produce it
  1. Job is never finished
  2. Results are hard to measure
  3. The work is repetitive
  4. People's expectations
  5. Working with same people year after year
  6. Needy people draining energy
  7. People who want strokes, not change
  8. Working with volunteers
  9. Failure
  10. Success!

*In Life: 2 Corinthians (thlipsis = pressure)*

- 1:4 *Tribulation* = Generic troubles
- 1:8 *Trouble* = Persecution
- 2:4 *Affliction* = Caring
- 4:17 *Affliction* = Aging; passage of time
- 6:4 *Tribulations* = Ministry life in general
- 7:4 *Tribulation* = Present, specific difficulties
- 8:2 *Affliction* = Finances; economics
- 8:13 *Burdened* = Taking up slack for others

The Need for/Promises of Endurance

- Rom. 5:3-5 Leads to proven character, hope, love
- Heb. 6:11-12 Leads to inheriting promises
- Js. 1:2-5 Leads to being perfect, complete, lacking nothing

## **Mid-Life Crisis**

- A strange phenomenon = "I am bored, tired, life is meaningless..."
  - 2 Samuel 11:1-4
- A passing phenomenon = "What have I done? What am I doing?"
  - Psalm 18:7-19
- A necessary phenomenon = "Now I know what is really important! My life is going to count from here on!"
  - Romans 8:18-31

