



## Throw Out the Lifeline

*How skilled are we at all the ways we can calm the waters that drag workers down?*

Galatians 6:9

*Ministry is often demanding, and workers can quickly find themselves with a sinking feeling. When that happens, leaders must provide care by stepping in and helping keep their workers fresh. Assess these ways to accomplish this important task by giving yourself a score from 0 to 5 and adding up the total.*

Workers have someone to learn from.	_____
We allow new workers to start slowly.	_____
We offer regular debriefings.	_____
We make sure each worker has a buddy for support.	_____
Every worker has a supervisor to help.	_____
We have ways to help our workers avoid getting in a rut.	_____
We clearly articulate the purpose of our ministry.	_____
We provide initial and ongoing training to workers.	_____
<b>TOTAL</b>	_____

### Scores:

**30–40:** Your workers are a fresh and motivated group.

**20–30:** Your workers are functioning, but could use some rejuvenation.

**19 and under:** Your workers are in danger of going under: throw a lifeline, quickly!

Worker burnout is a serious problem for the church in this age of super-busy people. But by implementing some of the principles, we can do much to avoid it.

— VIRGINIA VAGT; adapted from [Growing Your Church Through Evangelism and Outreach](#), © 1999 by Christianity Today International and published by Wipf and Stock.

### Discuss

1. Are any of our ministry workers “lone rangers”? Why is that an undesirable situation?
2. What does our overall score tell you about how well our church cares for its workers?
3. Who are the people in our church who can act as buddies to our ministry workers?