

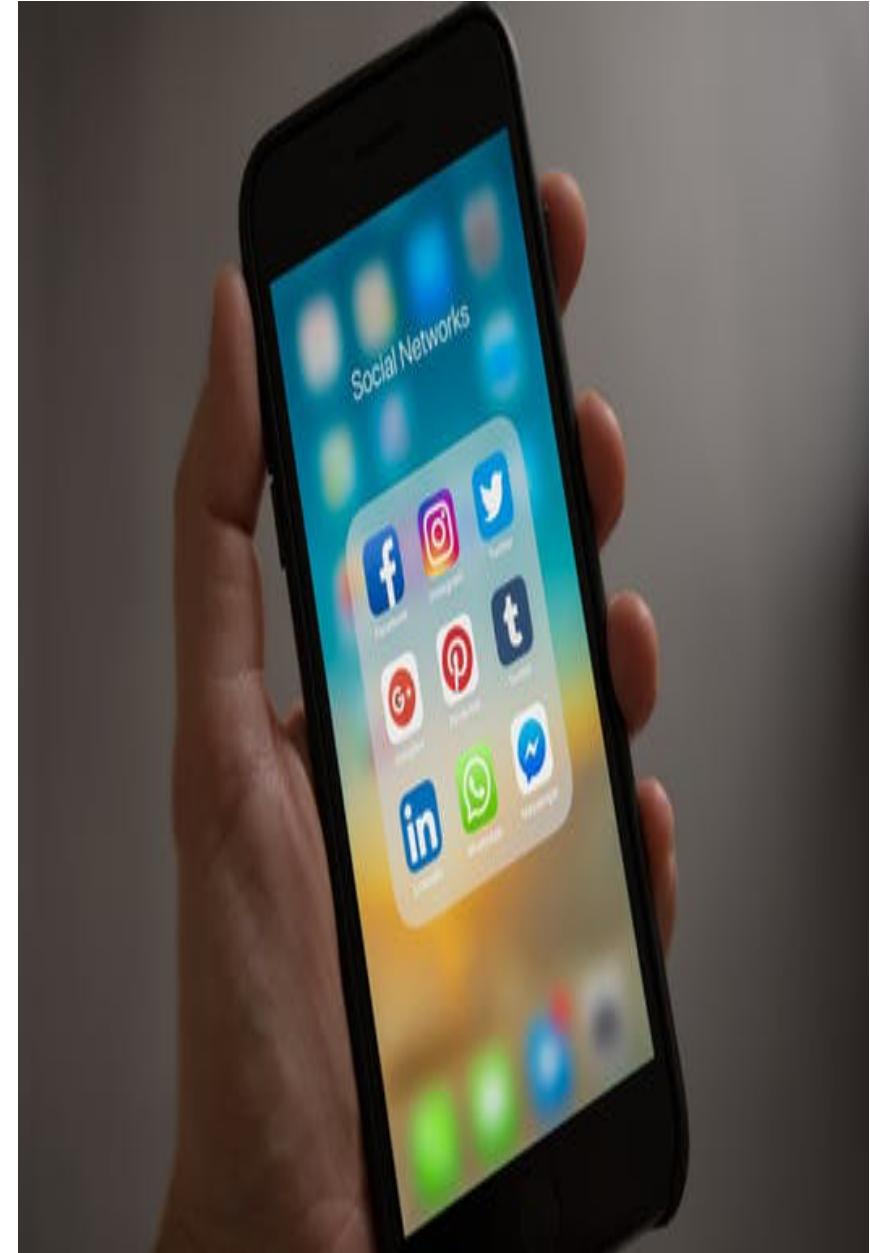


Timothy Sumerlin, Ph.D.

As Was His Custom: Jesus and Compassion Fatigue

www.inmotioncounseling.org

for class notes and
weekly blog





Who? Front line workers, educators, healthcare, counselors, ministry staff

Compassion Fatigue: physical, mental, spiritual, and emotional weariness brought on by daily and intense work with others—not “if” but “when”

Burnout: beyond compassion fatigue; physical harm; often quitting

Signs of Compassion Fatigue

- Mistakes up, performance down
- Perseverating about job
- Trouble sleeping; not “present”
- Weariness – emotional exhaustion
- Less satisfied, low energy
- Lose meaning with work
- Isolation from others; sin returns
- Unchecked Anxiety



Paul:

- Trembling w/fear
- Became weak
- Boasted and delighted
- Weakness = Strength

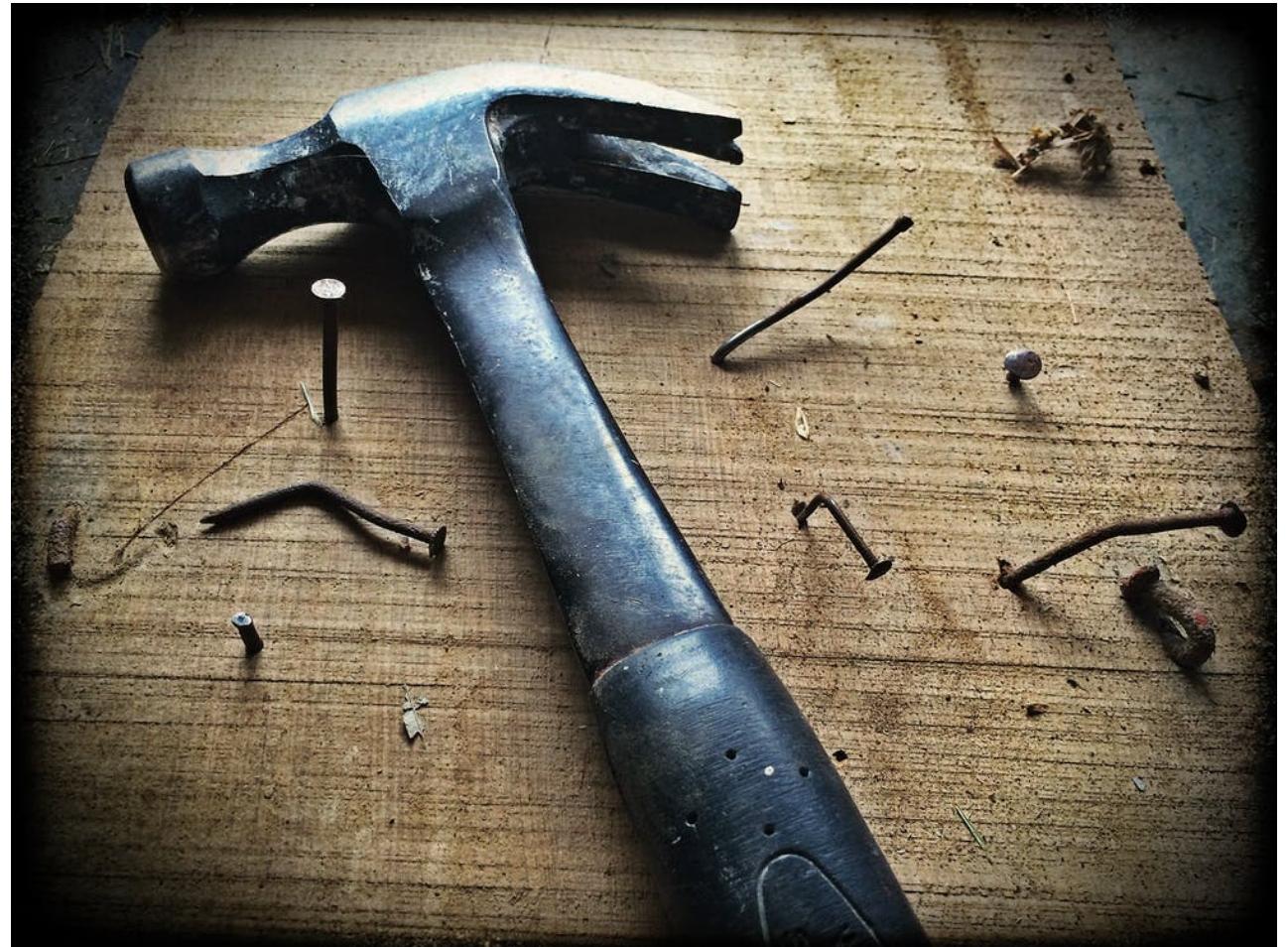
Jesus:

- taught/modeled

“When I am lifted up”

Sharing

Weakness



Listen to God

He says, “**Be still**, and know that I am God... – Psalm 46:10

Remember the Sabbath day by keeping it holy. – Ex. 20:8

Then he said to them, “**The Sabbath was made for man**, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.” – Mark 2:24



"Be still, and know that I am God."

Ps 46:10

Stop talking
Switch off your phone
Stop commenting
Listen
Stop arguing
Stop questioning
Stop moaning

Stop doubting
Be sure
Have faith
No second opinion

God is Almighty
God is in control
God is love
God is King
God is my hope, rock,
fortress
God is ever-present, a
help in times of
trouble.
God is my Father
God is my shepherd-
He will lead me,
nourish me, protect
me & restore me.

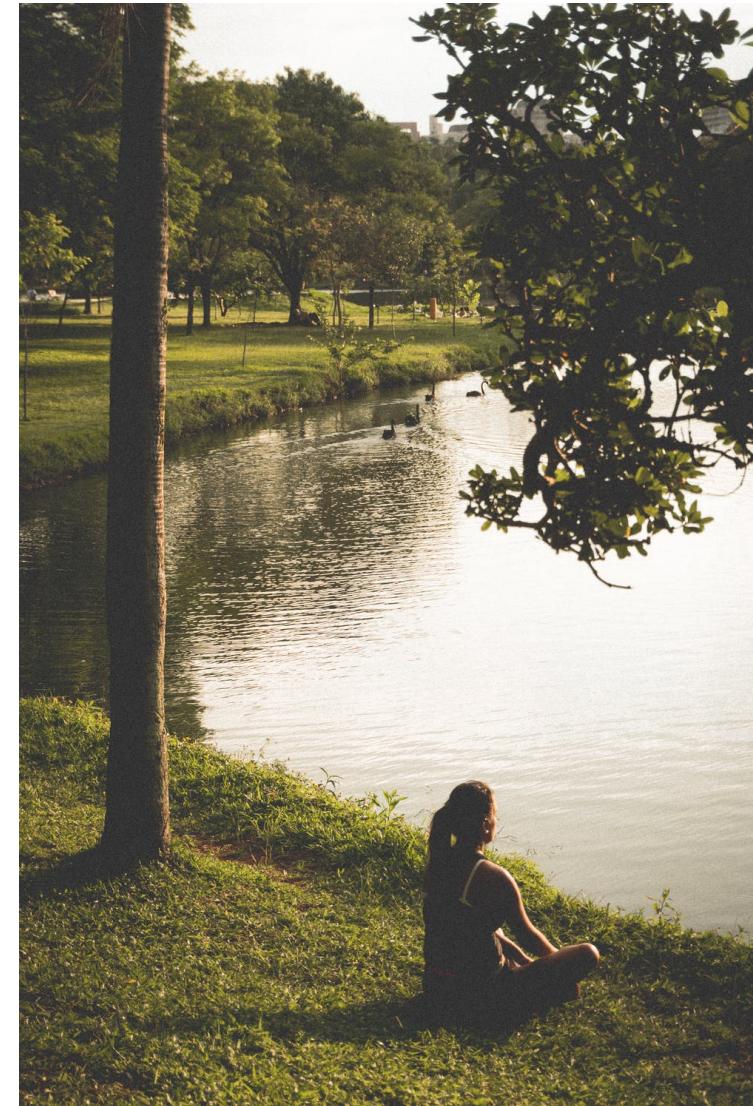
Watch Jesus

Come with Me by yourselves to a quiet place and get some rest. So they **went away by themselves** in a boat to a solitary place – Mk. 6:30-32

He went to Nazareth, where He had been brought up, and on the Sabbath day He went into the synagogue, **as was His custom** – Lk. 4:16

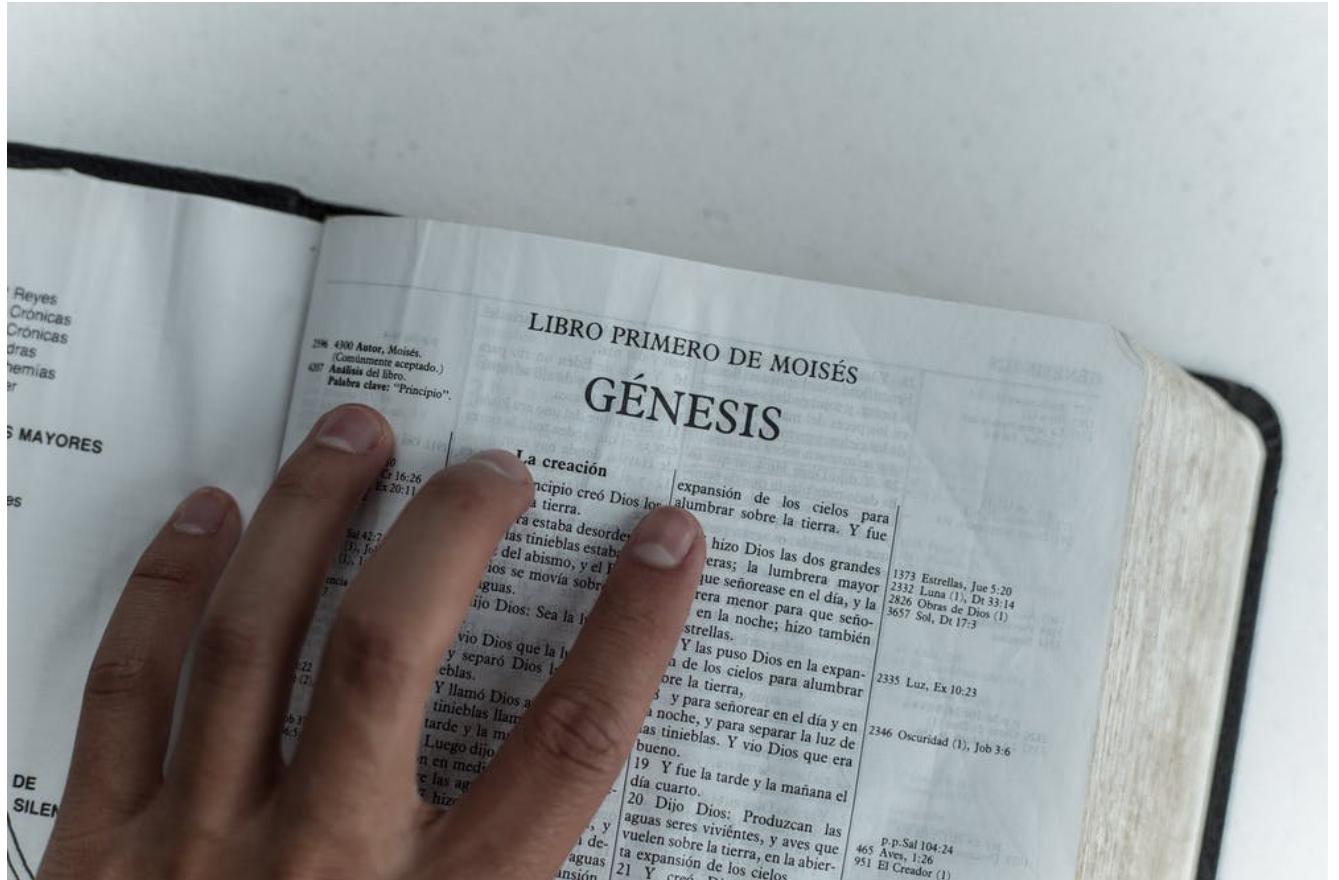
Jesus left that place and went to the vicinity of Tyre. He entered a house and **did not want anyone to know it...**

– Mk. 7:24



The Sabbath

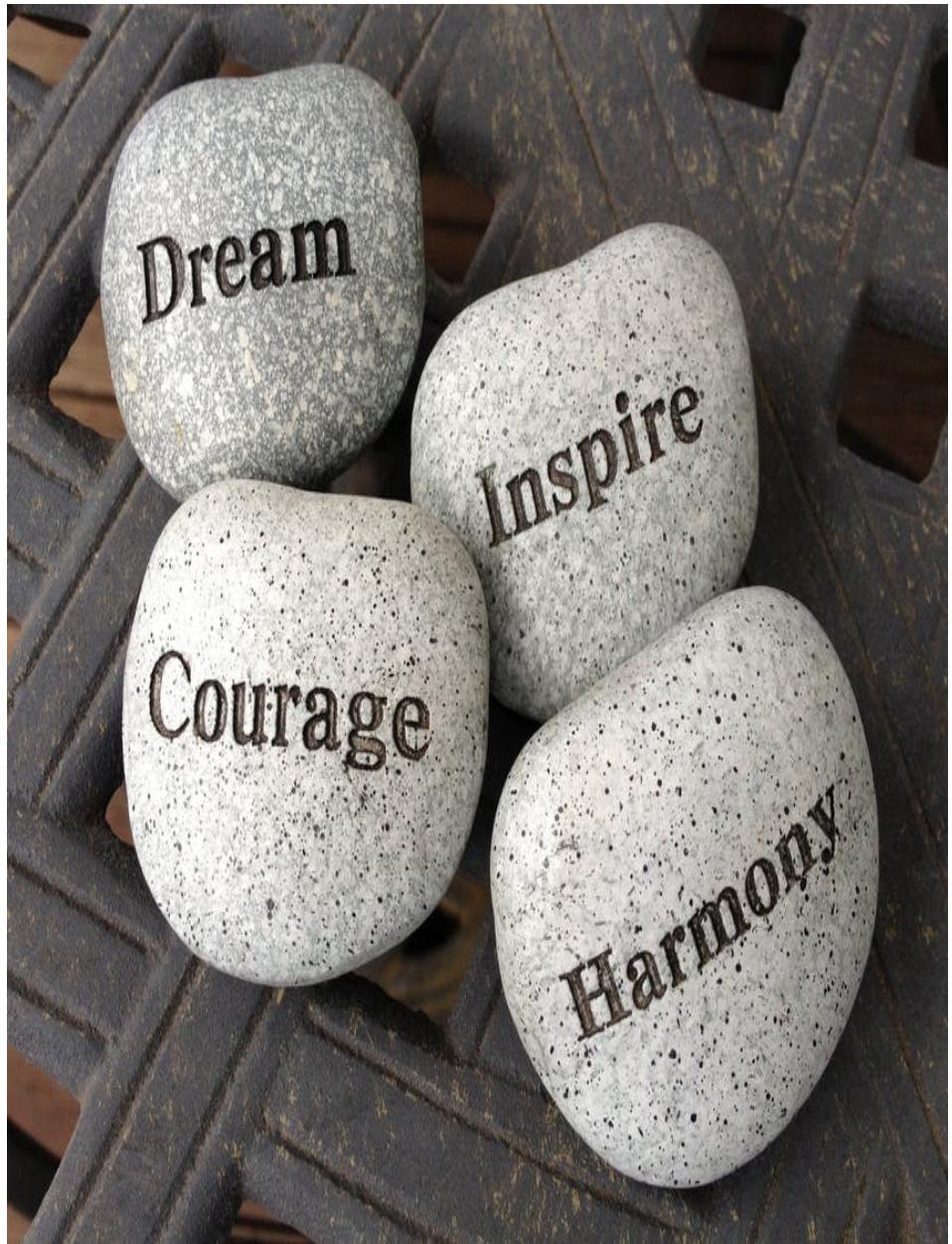
- Physically, emotionally and mentally repair
- Don't overvalue work and money or...
- Don't undervalue the role of God in our lives
- What/Who do we worship?
- Does God know best?



Strategies to Combat Fatigue

- Session Awareness
- Refresh walk with God
- Maintain personal life, hobbies; know limits
- Sense of humor
- Find inspiration/core motivations





A Few More Suggestions

- Exercise & sleep
- Thought record
- Shape your environment
- Stay socially connected
- Nurture a dream



*Trust in him at all times, O people;
pour out your heart to him, for God is
our refuge.*

– Ps. 62:8