

Book Review

Leading on Empty: Refilling Your Tank and Renewing Your Passion by Wayne Cordiero

This is a book that addresses the idea of burnout among preachers. Our work is about giving of ourselves for the benefit of others who are in some sort of need. We often do this work without taking the time to refill our own cup through rest, recuperation, and building our own spirit. This would certainly be a wise book to read before you are on the brink of burnout. I believe that such can be a problem among preachers as they many times ignore their own needs. It could be that this is because of some feeling of guilt or perception of what others view we do – we don't "punch a clock". With such being the case, why would we experience burnout or become overwhelmed? This book deals with these ideas and helps the reader see that we must take care of ourselves if we are to be good servants of the local congregation. The Bible is not silent on this idea as Paul said, "besides the other things, what comes upon me daily: my deep concern for all the churches. Paul" (2 Cor 11:28). We have a deep concern for our local congregation. Jesus sought rest and solitude at times in His ministry. Paul indicated to Timothy that there were times that he needed to attend to his own health, "No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities." (1 Tim 5:23). First of all, the book does a good job of talking about depression, and the negative mindset that can happen to the best of men. Jeremiah, Elijah, etc, were people that struggled with this. It is a book about looking after yourself. One of the major areas of pain in preachers is loneliness. The book deals with this. Another strong area of the book is accountability, which we all need. You need someone who will call you out when you need to be confronted. I believe there to be valuable insights into the struggles that preachers experience with burnout.

David Wheeler
331 Hometown Rd.
Jonesborough, TN 37659
(423) 328-4318