



Burnout: Resting in God's Fairness (Gospel for Real Life)

Brad Hambrick

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Burnout occurs when the things that once gave us life and energy become discouraging and draining instead, sacrificing our pleasures and accomplishments to the continual onslaught of next. While a common danger for Christians who dedicate their efforts to God's kingdom, burnout eventually makes us choose cynical numbness over the caring exhaustion of Christian service. How do we avoid this pitfall?

Brad Hambrick argues that burnout is actually a consequence of our life management, and he shows us how to create a time budget to avoid living beyond our means with the time God has provided. He helps us remember to rest in God's fairness rather than try to gain his acceptance.

The Gospel for Real Life booklet series by the Association of Biblical Counselors (ABC) applies the timeless hope of Christ to the unique struggles of modern believers.



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