# Leading with Strength: Renewal for Burnt-Out Leaders



Discover how God's strength renews weary leaders, shaping new rhythms to lead with resilience and grace through burnout.





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## Introduction

**Leadership** is a calling filled with both immense privilege and profound challenges. When leading others, fatigue can set in—whether from constant demands, overwhelming responsibilities, or the pressures of decision—making. *Burnout* can steal joy from even the most passionate leaders and cloud clarity in critical moments. But Scripture offers a divine invitation for **renewal and strength** that sustains us beyond our own abilities.

In this 7-day study, we'll explore what it means to lead through burnout without breaking—allowing God to shape our rhythms, refresh our souls, and empower our leadership. You'll encounter biblical truths and practical insights to guard your heart, rebuild your inner reserves, and establish habits that foster resilience. Whether you feel worn thin or simply need to recalibrate your leadership pace, this study will help you walk confidently in God's strength.

Throughout these days, expect to dive into Scripture passages that reveal how leaders like Moses, David, and Jesus Himself found renewal amid demands. You'll reflect on God's promise to supply strength when you are weak, and learn how rest, reliance on Him, and intentional rhythms are not signs of weakness—but essential leadership practices.

Let God's Word inspire and guide you to lead with renewed vision and strength, turning burnout into breakthrough by His grace.















### Your Verse

Psalm 23:1-3 - "The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

## **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







## Devotional: God Leads Us to Rest and Renewal

Burnout often creeps into the heart unnoticed until exhaustion sets in deeply. As leaders, we might push relentlessly, thinking perseverance alone will sustain us. But Scripture shows us a different way—one where God actively restores our weary souls.

Psalm 23 paints a beautiful picture of God as our Shepherd who not only leads but also takes us to places of rest and renewal. When burnout threatens, He invites us to pause and receive His refreshing presence. It begins with honest recognition of weariness and a choice to trust Him with our need for rest.

Rest isn't a luxury—it's a vital rhythm God designed. Jesus echoes this in Matthew 11, offering rest to those burdened. Even the strongest leaders must come to this place of surrender, allowing God to renew their strength instead of relying on their own.

Today, reflect on where in your leadership you need God's refreshing and be willing to stop striving just for a moment. Let Him lead you to still waters and green pastures, replenishing your soul and preparing you for the road ahead.







# Reflect and Apply

1.	Where do I feel the weight of burnout most heavily in my leadership?
2.	How have I responded to my weariness—by striving more or by seeking God's rest?
3.	What practical steps can I take to allow God to refresh my soul today?







## **Journaling Prompts**

Describe a recent moment when you felt emotionally or physically exhausted in leadership.
Write down Scripture verses or promises that encourage you to trust God for renewal.
List one small change you can make to your leadership rhythm to invite God's rest.







## Prayer for Today

Lord, today I come as a weary leader, longing for Your restoration. Help me to recognize my limits and lean fully on Your strength. Lead me beside quiet waters and refresh my soul. Teach me to embrace the rest You offer as essential to my leadership journey. Renew my passion and equip me to serve with joy again. In Jesus' name, Amen.  $\bigwedge$ 







# Day 2: Balancing Work and Rest God's Way









Day 2: Palancing Work and Rest God's Way

### Your Verse

Exodus 18:17–18 – "This is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."

## **Supporting Scriptures**

- Mark 6:31 "Come with me by yourselves to a quiet place and get some rest."
- Genesis 2:2-3 "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work."







Day 2: Palancing Work and Rest God's Way

## Devotional: God's Rhythm Teaches Balanced Leadership

Leadership can easily become all-consuming, especially when the needs of others feel endless. Moses faced this challenge when his father-in-law, Jethro, noticed the heavy burden he bore alone. The wise counsel? Delegate and rest to prevent burnout.

God's design for leadership includes rhythms of work and rest. When we ignore rest, we risk exhaustion and ineffective leadership. Mark 6 reflects Jesus' intentional withdrawal to rest with His disciples, modeling balance even in intense seasons.

God rested on the seventh day as a pattern for us to follow—not because He was tired, but to establish a rhythm for our wellbeing. Embracing God's pace means saying no to relentless hustle and yes to restorative pauses.

Balancing work with rest honors God's design and empowers sustainable leadership. What adjustments can you make this week to honor this rhythm?







Day 2: 👰 Balancing Work and Rest God's Way

# Reflect and Apply

1.	In what ways do I attempt to shoulder leadership burdens alone?
	How might delegating tasks improve my leadership effectiveness and health?
3.	What rest rhythms has God placed in my life that I need to reclaim?







Day 2: 👰 Balancing Work and Rest God's Way

## **Journaling Prompts**

1.	Write about a time you felt overwhelmed trying to do it all by yourself.
2.	List tasks or responsibilities that you can delegate to empower others.
3.	Plan a specific rest period this week and reflect on how you will protect it.







Day 2: Palancing Work and Rest God's Way

## Prayer for Today

Heavenly Father, thank You for your wisdom that leads me to balance. Teach me to recognize when I am overburdened and to trust others with responsibilities. Help me embrace rest as Your gift to renew my strength and sharpen my leadership. Guide me to follow Your pace, finding freedom in Your rhythms. Amen.







# Day 3: V Finding Strength in God's Power









Day 3: Finding Strength in God's Power

### Your Verse

2 Corinthians 12:9 - "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

## **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 3: Finding Strength in God's Power

## Devotional: God's Grace Empowers Weak Leaders

Burnout often comes with feelings of inadequacy and weakness. The pressures to perform can tempt us to rely on our own limited strength. However, Paul's words to the Corinthians reveal a liberating truth: God's power is made perfect in our weakness.

When leaders embrace their vulnerabilities, they open the door for God's grace to flow powerfully. Instead of masking fatigue or pretending all is well, acknowledging our weaknesses cultivates humility and dependence on God.

This dependence invites divine strength that surpasses human limitations. Isaiah reassures us that God will not only be with us but actively strengthen and help. Philippians reminds us that through Christ we can endure every challenge.

Today, instead of fighting your exhaustion alone, bring it to God. Let your weaknesses be the soil where His power grows strongest in your leadership.







Day 3: **(**) Finding Strength in God's Power

# Reflect and Apply

1.	How do I typically respond when I feel weak or incapable?
2.	What fears keep me from fully relying on God's strength in leadership?
3.	In what areas can I invite God's power to replace my weakness?







Day 3: **(**) Finding Strength in God's Power

## **Journaling Prompts**

	Name specific leadership challenges where you feel weak and need God's strength.
	Reflect on times when God's grace and power sustained you unexpectedly.
3.	Write a prayer surrendering your weakness and inviting God's strength.







Day 3: Finding Strength in God's Power

## Prayer for Today

Lord Jesus, I confess my weaknesses and empty myself to receive Your strength. Let Your grace cover my limitations and empower me to lead with courage and humility. Remind me daily that my sufficiency comes from You alone, and in my weakness Your power shines brightest. Amen. 🂪 🛠 🗸 🗵

















Day 4: B Embracing Soul Care in Leadership

### Your Verse

Mark 1:35 – "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

## **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Matthew 14:23 "After he had dismissed them, he went up on a mountainside by himself to pray."







Day 4: BEmbracing Soul Care in Leadership

## Devotional: Solitude and Prayer Renew the Soul

Amid busy leadership, it is easy to neglect the care of our souls. Yet, Jesus provides our perfect example of how to maintain spiritual vitality. Despite an intense ministry schedule, He regularly withdrew to solitary, quiet places for prayer and reflection.

This deliberate time of solitude was essential to His strength and clarity. For us, embracing these moments of stillness helps protect our hearts from burnout and sharpens our vision.

Soul care—through prayer, silence, and solitude—is a form of leadership stewardship. It keeps us connected to God's heart, renews our perspective, and rejuvenates our spirit.

Prioritize daily soul care, asking God to guide you in finding personal rhythms that foster intimacy with Him. Your leadership will be more sustainable and fruitful as a result.







Day 4: **B** Embracing Soul Care in Leadership

# Reflect and Apply

1.	How consistent is my practice of daily prayer and solitude?
2.	What distractions frequently pull me away from soul care?
3.	How can I create space for uninterrupted time with God each day?







Day 4: **B** Embracing Soul Care in Leadership

## **Journaling Prompts**

1.	Describe what a perfect time of solitude and prayer looks like for you.
2.	Write about how your spirit feels after a meaningful time alone with God.
	List obstacles that prevent you from prioritizing soul care and how to overcome them.







Day 4: BEmbracing Soul Care in Leadership

## Prayer for Today

Dear God, thank You for inviting me into intimate moments of rest with You. Help me to intentionally seek solitude and prayer amidst my busy days. May these times become the wellspring of my leadership strength, nourishing my soul and aligning my steps with Your will. In Jesus' name, Amen.  $\triangle$ 















### Your Verse

John 13:14–15 – "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."

## **Supporting Scriptures**

- Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."
- Hebrews 13:7 "Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith."







## Devotional: Set the Pace: Lead by Rest and Service

Leaders shape culture not only through words but through example. Jesus demonstrated humble service and prioritized rest—even washing His disciples' feet and withdrawing from crowds to recharge.

By modeling balanced rhythms of work and rest, leaders foster healthy environments where others feel empowered to care for themselves too. Philippians challenges us to humble service and consideration, which includes caring for our own wellbeing to better serve others.

Leading by example requires courage to slow down in a world racing forward. It communicates that rest is not weakness but wise stewardship of the gifts God has entrusted to us.

Reflect on how your leadership influences others. What example do you want to set around self-care, rest, and renewed strength?







# Reflect and Apply

	How does my leadership behavior impact those I lead regarding self-care?
2.	What messages do I send about rest through my daily choices?
	How can I better model humility and balanced leadership moving forward?







# **Journaling Prompts**

1.	Recall a leader whose example inspired you and why.
	Evaluate your current leadership habits and identify areas needing example-setting.
	Write a commitment statement to embody rest and service in your leadership.







## Prayer for Today

Lord Jesus, thank You for Your perfect example of humble leadership. Help me to lead by serving and resting well, demonstrating Your love and wisdom to those I guide. Give me courage to set healthy rhythms and inspire others to follow Your ways. Amen. 😂 👀 🙏 🛌







# Day 6: Reshaping Your Leadership Rhythms









Day 6: CReshaping Your Leadership Rhythms

### Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

## **Supporting Scriptures**

- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."
- Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."







Day 6: 🖸 Reshaping Your Leadership Rhythms

## Devotional: Adjusting Rhythms with God's Wisdom

To lead without breaking, adjustment is essential. Burnout often signals that our current pace and patterns are unsustainable. Ecclesiastes reminds us every season has its proper time—leading and resting included.

Wise leadership embraces adapting seasons and reshaping routines for longevity. Psalm 90 teaches us to view time with wisdom, cultivating awareness of our limitations. Proverbs encourages trust in God's guidance as we navigate change.

Reshaping leadership rhythms is an act of faith—trusting God to lead you into new ways of working and resting. Consider what habits need to shift, what boundaries to set, and how God can help you walk forward with fresh wisdom and peace.







Day 6: CReshaping Your Leadership Rhythms

## Reflect and Apply

1.	What leadership rhythms have contributed to my burnout?
2.	Where do I need God's wisdom to change my habits or boundaries?
3.	How can I trust God to guide me into healthier leadership seasons?







Day 6: CReshaping Your Leadership Rhythms

## **Journaling Prompts**

1.	Identify current leadership practices that need adjustment and why.
2.	Write a plan for implementing one new rhythm or boundary this week.
	Reflect on past times when God led you through change and what you learned.







Day 6: 🖸 Reshaping Your Leadership Rhythms

## Prayer for Today

Father, give me eyes to see where my leadership rhythms need reshaping. Grant me wisdom to make necessary changes and the courage to trust You through transitions. Help me embrace each season as You ordain, resting and leading well in Your strength. Amen.  $\cancel{B} \triangle \downarrow \bigcirc$ 















### Your Verse

Isaiah 40:31 - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

## **Supporting Scriptures**

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 51:12 "Restore to me the joy of your salvation and grant me a willing spirit, to sustain me."







## Devotional: Hope in God Brings Lasting Renewal

As this study concludes, Isaiah's promise offers powerful hope: when we place our hope and trust in the Lord, our strength is renewed, enabling perseverance without weariness.

Leadership fueled by God's joy and restoration transforms burnout into vitality. Nehemiah reminds us joy itself becomes a source of strength, and Psalm 51 beckons us to seek restoration of spirit and willing hearts.

God's renewal is complete and sustaining, enabling us to lead with passion, resilience, and hope. May you rise like eagles, empowered by the Lord to shepherd well all your days.

Carry this assurance daily—God shapes, renews, and strengthens leaders who depend on Him.







# Reflect and Apply

	How has your view of burnout and leadership shifted throughout this study?
	What practices will you commit to in order to maintain renewal going forward?
3.	How can you encourage others to lead with God's strength and grace?







## **Journaling Prompts**

	Write a letter to your future self encouraging resilience and dependence on God.
2.	List ways you've experienced God's renewal during this study.
3.	Plan how you will share these insights with others who lead.







## Prayer for Today

Lord, thank You for renewing my strength and hope. Help me to continually place my trust in You, soaring above challenges with joy and perseverance. Let Your Spirit sustain me as I lead, shaping my heart to serve with passion and humility every day. Amen. 🛠 🙏 💝







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