

EXAM AVOIDING BURNOUT SESSION 1-3

TRUE OR FALSE: Circle "True" or "False" at the end of each question.

1. 45% of pastors say they have experienced depression that required a leave of absence.
TRUE or FALSE
2. If you see that your relationship with God has been neglected, you need to make changes.
TRUE or FALSE
3. When you are stressed, you need to learn to walk through it alone.
TRUE or FALSE
4. Physical fitness is not very important.
TRUE or FALSE
5. The Enemy attacks our mind more than any other area of our life.
TRUE or FALSE

MULTIPLE CHOICE: Circle the correct answer for each question.

6. What is one of the results of stress in ministry?
 - A. It affects the church financially.
 - B. 80% of pastors have insufficient time with their spouse.
 - C. Stress really is not a big factor for pastors.
 - D. 65% feel unable to meet the demands of their ministry.
7. What is one of the "dark sides" of ministry?
 - A. The work is never done.
 - B. It keeps you from prospering financially.
 - C. People call you about counseling them.
 - D. It requires an extensive education

8. What prophet in the Old Testament lost his courage and ran from a queen?
 - A. Isaiah
 - B. Daniel
 - C. Malachi
 - D. Elijah
9. How important is our relationship with our children?
 - A. They need to be second place in our ministry after the church.
 - B. We cannot afford to let it take the place of study and church obligations.
 - C. We should not put too much emphasis on it.
 - D. They are our most important ministry.
10. What is one way we can maintain our relationship with our children?
 - A. We can try to spend some of our extra time with them.
 - B. If we cannot go to their games or school affairs, we can send someone in our place.
 - C. We can spend quality time with them.
 - D. We can buy them whatever they ask for.
11. How can you handle unresolved issues?
 - A. You have to learn to let go of the past.
 - B. You have to just ignore them, and eventually they resolve themselves.
 - C. You can bring them up till people respond.
 - D. You can share them with others.
12. How is your mind like a computer?
 - A. It copies ideas.
 - B. It only "puts out" what you have already put into it.
 - C. It invents new ideas.
 - D. It is infinite.

13. What is one thing that causes our boundaries to break down?
- A. We lack intelligence.
 - B. We make too much of their importance.
 - C. Boundaries are an invented concept.
 - D. Sometimes we try too hard to please people.
14. What is one of the greatest advantages of having a friend?
- A. If you "fall down," he can help you up.
 - B. It improves your social and business life.
 - C. It makes you feel good about yourself.
 - D. He's there to keep track of you.
15. What truth can we see in 1 Samuel 30:1-5 with regards to marriage?
- A. We do not have to be intentional about protecting our family.
 - B. As we minister to others, the enemy can try to attack our families.
 - C. We should not help others fight their battles.
 - D. There is only one way to reduce stress in marriage.