



The Scroll

Spreading the Gospel of Jesus Christ and equipping the People of God through the written word.

Guest Columnist—Christian Burnout

Minister Demetrius Robinson

Burnout is more than exhaustion; it is a deep sense of depletion that affects your body, mind, and soul. As Christians, we often push ourselves to serve, love, and give without rest, believing that slowing down is a sign of weakness. There's an old congregational song with lyrics that say, "I've been running for Jesus. Running, running, running for Jesus, and I'm not tired yet." Yes, you know it! This song could make you believe that you'll never get tired of working in the Kingdom but just know that God never intended for us to live burned out. Are you burned out? Let's review some of the signs of burnout.

1. Burnout does not happen overnight. It builds up over time through stress, overcommitment, and neglecting personal wellbeing. Some signs include:

- Constant fatigue, no matter how much rest you get.
- A loss of passion for ministry, work, or relationships.
- Emotional numbness or frequent irritability.
- Feeling distant from God and struggling in prayer.

If you recognize these signs, know that burnout is not failure—it's an invitation to reset and receive God's renewal.

2. Scripture is filled with reminders that rest is not only good but commanded by God.

- Sabbath Rest: "Remember the Sabbath day, to keep it holy," Exodus 20:8 NKJV. God rested after creation, setting an example for us.
- Jesus Rested: "As often as possible Jesus withdrew to out-of-the-way places for prayer," Luke 5:16 MSG. Even the Son of God took time away to recharge.

- God Cares for the Weary: "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light," Matthew 11:28-30 NKJV. God wants to restore you.

Burnout often happens when we forget that God never asked us to do everything in our own strength. Write this down: God designed rest.

3. Many of us Christians struggle with burnout because we feel the need to prove our faith through constant work. But God's love is not based on our performance.

- Psalm 46:10 NKJV: "Be still, and know that I am God."
- Ephesians 2:8-9 NKJV: "For by grace you have been saved through faith...not of works."

You are not responsible for saving the world—Jesus already did that. Release the pressure and trust in His grace.

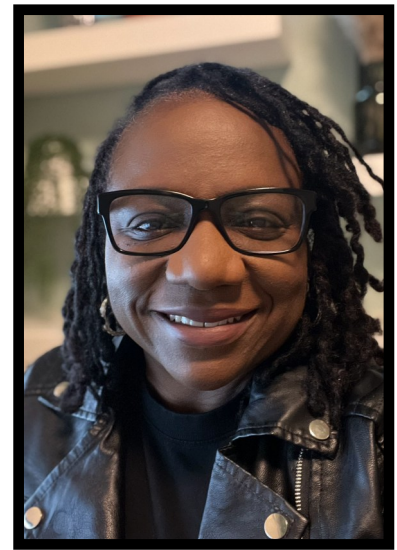
4. Healing from burnout requires intentional steps:

- Rest in God's Presence: Prioritize time with Him in prayer, worship, and quiet reflection.
- Reevaluate Priorities: Ask God

Many of us Christians struggle with burnout because we feel the need to prove our faith through constant work.

what truly matters and let go of unnecessary burdens.

- Seek Community: Lean on trusted friends, a church



community, or a mentor for support.

- Take Care of Your Body: Proper sleep, nutrition, and exercise are part of honoring the temple God gave you (1 Corinthians 6:19-20 CSB).

5. Healing from burnout does not happen instantly. But, as you surrender and allow God to refresh your spirit, He will restore your passion, energy, and joy.

- Isaiah 40:31 NKJV: "But those who wait on the Lord, shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."
- Psalm 23:3 NKJV: "He restores my soul."

My prayer for you is to understand that burnout is not the end of your story. It's an opportunity to step into God's rest and allow Him to carry the burdens you were never meant to bear alone. He knows how much you can bear; trust Him. He is the great restorer.

Editor's Corner—Moving from Burnout

Sister LaTonja Brown

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In a world that wears overwork as a badge of honor, encouraging people to slow down is countercultural.

The following line by J.R.R. Tolkien offers a great description of what burnout looks like. In *The Fellowship of the Ring*, Bilbo Baggins says, “*I feel thin, sort of stretched, like butter scraped over too much bread.*”

I can remember years ago when I was doing a lot of things but nothing well. My heart was in the right place. There was a seat that needed to be filled, so I filled it. Then another one needed to be filled, so I filled it. And on and on it went, until I had too many positions. As the saying goes, “I was a jack of all trades but a master of none.” I was stretched too thin.

This happens in all areas of our lives whether work, home, community, or even church. A body is needed, anybody. This is a disservice for so many reasons. It takes you away from your true calling. Oh, I know, “It will only take a few hours a week,” which is never the case. Spending energy in areas that you are not passionate about or gifted in leads to burnout. You are also taking a position that belongs to someone else.

With that said, it is often hard to get people to commit, so the same people end up being stretched too thin. Recently, my condominium association needed three new board members. Two because the terms were up and one because the person needed to step down because of work. It took forever to get three people to grudgingly “volunteer” because everyone was already committed to so many things.

Seats need to be filled, so we fill them. This can lead to disaster because, if you put the wrong person in the wrong place, chaos is sure to follow, leading to more burnout for the people caught in the crossfire.

Burnout is caused by many things such as unmanageable schedules, too many deadlines, not enough rest, too much work, not seeking help, and lack of sleep. What does burnout look like? It looks a lot like depression. A person who is experiencing burnout could be feeling tired or exhausted, experience lack of enthusiasm, feel negative toward responsibilities, or feel like they cannot perform basic tasks.

For me, a major cause of burnout is trying to do too many things. Again, I mean well, but I must focus on what I am called to do.



So, in this season, I am trying to practice saying, “No,” more often. There are times when, even if I am interested, a “Yes,” would take me away from what I am supposed to be doing. We do not need to keep being distracted by busy work. We need to encourage people to take their places because using a hand as a foot will quickly lead to disorder and burnout. Protect your time and the call on your life because there are already way too many distractions. If it is not treated, burnout can lead to weight gain, headaches, high cholesterol, diabetes, heart disease, digestive issues, and muscle and joint pain.

Burnout can be controlled by managing stress. This could be done with social engagements with positive people in your life, volunteering, creating new goals, reducing time on social media, picking up a new hobby, eating foods with high nutritional value, and getting plenty of exercise. As the days get longer, try to walk for 30 minutes each day, which can be broken into 10 or 15-minute chunks. The importance of spending time with people you love and doing things that bring you joy cannot be said enough.

In a world that wears overwork as a badge of honor, encouraging people to slow down is countercultural. However, I encourage you to learn to say, “No,” to anything that is not bringing you closer to your purpose.

If you need help managing feelings of depression and anxiety or you are feeling emotionally overwhelmed, check in with your primary care doctor. Many clinics employ behavioral health therapists as part of their healthcare team. Therapy is another resource God has given to us in addition to prayer.

Word of the Quarter—Resetting from Burnout

Minister Jo Ann Hairston

In the last issues of *The Scroll*, we have continued the overarching theme, “Interrogating Our Defaults” with the topics “Moving Beyond Fear” and “Moving Beyond Our Comfort Zone.” In this issue, we continue with the subject “Moving from Burnout.”

Spiritual burnout can be described as a state of being emotionally and mentally exhausted spiritually. This condition can manifest in numerous ways, such as withdrawing from religious activities, losing your way in your faith journey, or reducing community involvement.

Burnout is not just about being physically, emotionally, or mentally exhausted. Burnout is a sign of a bigger problem and that some things need to fundamentally change. You do not necessarily have to tear everything down to get inspired again, but you do need to take the time to reset.

Often, we just keep pushing through. We ignore the signs of burnout as we think about all the things we need to get done and all the things that people need from us. We do this at the expense of our own spiritual, physical, and mental health.

I believe, at times, God allows things to happen to get our attention. Otherwise, we would not take the time to rest. Instead, we would ignore all the signs that our bodies and minds are giving us that signal we are headed toward burnout.

I remember years ago in our ministry, I came home one day, and my husband said, “Pack some things and let’s get out of town.” I was somewhat caught off guard. We had talked about getting away previously, but we had not set a specific date or destination.

We had considered driving down to the ocean to relax at the beach, going to Portland to shop, or even going up to Canada for a few days.

That day, getting away came out as an urgent request, “Let’s go, now!” It did not matter where at this point. The Holy Spirit prompted me to move and not ask a lot of questions. In retrospect, we recognized that we were beginning to show the symptoms of spiritual burnout that manifested as emotional exhaustion, which could have reduced our effectiveness and our ability to help others.

We went away, and we took the time to reconnect, reset, and relax our bodies, minds, and emotions. We understood that, because of all the stress we had been under, we were on the verge of burnout. After putting things in order spiritually and naturally, we came back rejuvenated and reignited.

It was an important lesson in taking time to build ourselves up as well as being aware of the signs of being weighed down because it could lead to burnout. In Matthew 11:28-30, Jesus invites us to come to Him for rest when we feel burdened,

overloaded, and overwhelmed.

We ignore the signs of burnout as we think about all the things we need to get done and all the things that people need from us.

We have so many Biblical examples of people feeling overwhelmed. Moses experienced burnout when faced with the weight of caring for the people.

Elijah felt so exhausted that he ran away. In the Psalms, King David, who was a man after God’s own heart, expressed his feelings of



exhaustion and despair. King David was honest and open to the Lord about what he had done and what he was going through.

It is important that we are open about our struggles and let God minister to us in order to move from burnout! Jesus is our prime example of taking time away from the crowds to pray and recharge even in the midst of the high demands on Him.

Psalm 46:10 NKJV invites us to, “*Be still, and know that I am God.*” In times of burnout, taking moments of quiet reflection can help reconnect you to your spiritual foundation.

Recommended Reading:

- John 12:1-8
- 1 Kings 18:17-39

Finding Hope—Home

Sister Amy Pemberton

I wasn't raised around church life. The closest I came to it were grandparents who occasionally spoke of their faith, parents who dropped my brother and me off for Sunday school, and two books, which were given to me when I was a child. One was a small white Bible from my Sunday school teacher with my name embossed in gold lettering on the cover. The second was a children's book, *The Children's Stories of the Bible from the Old and New Testaments*, which my grandparents presented to me on my first birthday, an Easter Sunday.

Nobody read the Bible at home. If we had a family Bible, I never saw it. I have no memory of anyone reading stories from the children's book Grandma and Grandpa gave me. The only time we prayed was before a holiday dinner, and if Aunt Jennie wasn't sitting at the head of the table, it wouldn't happen.

Being unfamiliar with the contents of the Bible made finding scriptures a difficult thing, which I never felt more acutely than those mornings at Sunday school. Though it was decades ago, I vividly remember how my face would flush whenever I was called on to read a verse. Most of the time, I hadn't located the book before my turn was upon me. It was embarrassing to be so ignorant, especially in front of children who were skilled at locating not only the books but also the chapters and verses. As they read, the words that came from them sounded like a foreign

language. I understood I was an outsider, and I accepted it.

It took some doing, but I finally convinced my parents that I could hold Sunday school downstairs for my younger brother in the makeshift classroom where I had been teaching him math and the alphabet before he began kindergarten. To my surprise, my parents agreed. I still have the book I used (the one from my grandparents), and, not long ago, I found a lesson plan within its pages written in my very young hand. Those Sunday mornings were perfect. As I taught my brother in that relaxed setting, I was learning too.

Although I desired a relationship with God, I believed I was born into the wrong circumstances for Him to want me. Later, I made poor choices that I believed would further exclude me from His presence and His love. So, I peered through the windows of faith where I thought I might go unseen. As my heart rejoiced for those who claimed their places inside, I wondered what it must be like to bask in God's love and acceptance, as they did, so

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freely. But I clung to the warmth I had managed to find, as an observer, and left before I was discovered, and they turned me away.



I was almost fifty when God gently moved my head to look at Him. Without a doubt, He was aware of the unworthiness I felt and knew I wouldn't approach Him on my own. So, He pulled me close and grafted me into His family. I no longer stand on the outside looking in, but I am seated in a place God made for me. A place I couldn't earn. A place I don't deserve. But He offered it, nonetheless. It's a place I will never give up, and it's a place I'm eager to share.

**Empowered by God
to Empower Others**



From the Archives—It is Finished

Reverend Dr. W. Tali Hairston

It is finished. That is so hard for me to say. I am good at holding on to the past. If there was a degree, I would have a Ph.D. I love the History Channel, but being a lover of history is a sorry excuse for not being willing to let go of the past. It doesn't work that well in the end. Learning to bring closure to experiences, especially painful ones, is something Jesus exemplified for us. The more I experience pain and share in the pain of others, the more I realize that learning to experience healthy closure is more than just saying it is finished. But it is a good place to start.

Where did Jesus model this for us? In John 19:30, Jesus was hanging on the cross. He was beaten and battered, and they shoved a sponge full of vinegar into His mouth. Jesus, full of pain and agony, opened His mouth to say, "*It is finished.*" He bowed His head and gave up the ghost.

Before we go there, have you tasted vinegar lately? First Lady Jo Ann has Pastor sipping apple cider vinegar to better his health. Since I have taken it for some time now, I am well aware why Pastor cannot stand the taste. Vinegar is bitter. I laugh when I see him struggling to get it down. "Who cares if it is good for you," he says, "It tastes awful."

Now, imagine you have been beaten to within an inch of your life, and someone shoves a sponge full of bitter vinegar down your throat. Remember, Jesus was literally suffocating. His arms were

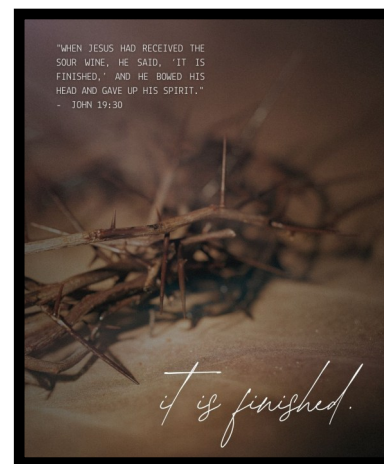
pulled to the side and hands and feet were nailed to the cross. Each breath required He lift Himself up, sliding His bloodied back against a wooden cross, which created tremendous pain for the slightest amount of air. Whatever was put into His mouth was going to be inhaled as if it were air. Can you imagine that moment? In that moment, Jesus used His last breath to say, "*It is finished.*" His journey was complete, and His earthly ministry had come to an end.

Those moments, when the experiences of life have been the

But, in the Kingdom, resurrection always comes after death.

most painful and bitterness has filled our hearts, are when we have the hardest time realizing closure. When

the pain of life keeps you from declaring, "It is finished," I encourage you to say it. Say it when you wake up and before you go to bed. Say it until it resonates in your spirit. Regardless of how much pain you experienced, don't move on until, "It is finished," becomes your daily bread. You can't live in the past. You also can't move to the resurrection until you come to that place where, "It is finished," signals that whatever you just came through, **it is done**. It is over. You are not over, and you will rise again. But that situation, it is finished. It will feel like death. But, in the Kingdom, resurrection always comes after death. The next words Jesus heard in the grave were, "Come forth."



Women of the Bible—Martha

Sister La'Shandra Perkins

Name: Martha

Meaning: Lady or mistress

Her Character: Martha was skilled in her role as a caretaker and hostess.

Her Triumph: Martha learned about the importance of rest.

Key Scriptures: Luke 10:38-42, John 11:1-44, John 12:1-8

Martha's story highlights the balance between service and spiritual growth. Initially overwhelmed by tasks, her encounters with Jesus deepened her faith and emphasized the importance of pausing and focusing on spiritual fulfillment.

Jesus told Martha, "You're worried about many things, but only one thing is needed." This highlights the importance of prioritizing love, kindness, and spiritual growth over daily anxieties. He appreciated her hard work but addressed her worries.

Martha, a general and Betty Crocker before her time, was a woman consumed by responsibilities and societal norms. Her story is a testament to the struggle of balancing daily tasks with personal growth. She was pushed toward deeper faith through meaningful experiences, teaching us the importance of spiritual fulfillment through contemplation and prioritizing what truly matters.

I know from experience. As a mom with three busy children in sports and school activities, I struggle to balance my walk with God. I placed the outside activities of working multiple jobs before entering the church house and fellowshiping. I only have one day off to catch up on chores and

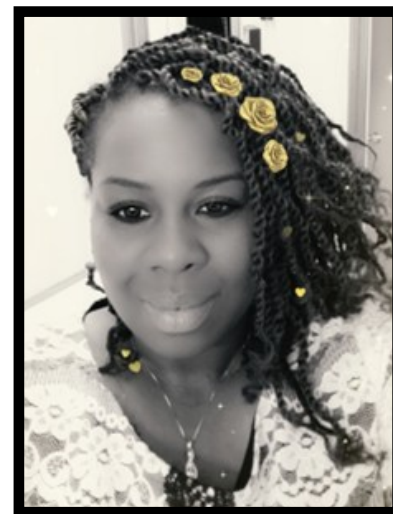
grocery shopping and to try to have a life outside of my kids. I saw how much further my life was getting away from God. I stopped communicating with my church family, thinking I could handle it alone. I knew that wasn't the truth, but I was so consumed with the fights of life that it was blinding and distracting. I am burning the candle on both ends, and I have been doing it for years. I'm so drained and burnt out, and I'm surprised it's still burning.

Still, I understand Martha's plight. She wanted to be the best hostess and serve Him. But not knowing how to find balance in life can make you feel like the walls are closing in on you. Martha's story offers timeless lessons, resonating with anyone juggling responsibilities while seeking deeper faith. Regardless of age, finding moments for reflection can guide us toward spiritual growth and

Her narrative reminds us that service is valuable but should not overshadow our spiritual connection with God.

understanding, making her journey a universal inspiration.

The enduring relevance of Martha's story lies in its ageless message about the significance of prioritizing our relationship with Jesus amidst the demands of daily life, allowing our service to be an expression of that relationship rather than a source of stress. Many can identify with Martha's overwhelmed feelings in today's



fast-paced world. Her narrative reminds us that service is valuable but should not overshadow our spiritual connection with God. True fulfillment arises from a balance of action and devotion.

Martha's story is a universal inspiration, offering timeless lessons that resonate with anyone juggling responsibilities while seeking deeper faith. Regardless of age or circumstance, we can all find moments for reflection that guide us toward spiritual growth and understanding. So, as I close, I encourage you to see those little moments as opportunities to honor God, recognize Him, and pray. Stay connected with your church community to draw strength, and remember that you are essential, no matter how burnt out you may feel. Martha's journey teaches us that we can all break free from society's norms and find a deeper, more fulfilling connection with God.

Men of the Bible—Elijah

Name: Elijah

Meaning: My God is Yahweh

His Character: He was faithful, obedient, courageous, and prayerful.

His Triumph: He challenged the 450 prophets of Baal and the kings of the northern region.

Key Scriptures: 1 Kings 17:1, 18:17-39

There are times in our lives when we have to make choices that are not popular. We have to take a stance for something that we truly believe is right.

Elijah was a man that truly wanted everyone to follow the one and true God of Israel, but the northern kingdom (Israel) chose Baal. The worshippers of Baal believed Baal brought the rain and harvest. Elijah implored them to follow Yahweh, but Israel's kings continuously followed idolatry and rejected God. Elijah told them that there would be a drought during the next years because of their refusal to follow God and turn from their evilness.

We try to do all that is within our power to show others the right path. Sometimes we forget to ask God for His help, and we become burned out trying to encourage people to follow Christ. This may seem extreme, but Elijah was on a divine mission, and he used every tool available to him to help the people find their way back to God. Elijah worked while waiting for the people to change.

The drought was severe, but the people continued to worship other gods.

After three years, God told Elijah that it was time to go back and deal with King Ahab. There comes a time when we

There comes a time when we have to go back and face the issue that has perpetuated the problem.

Sister Cassandra Broomfield

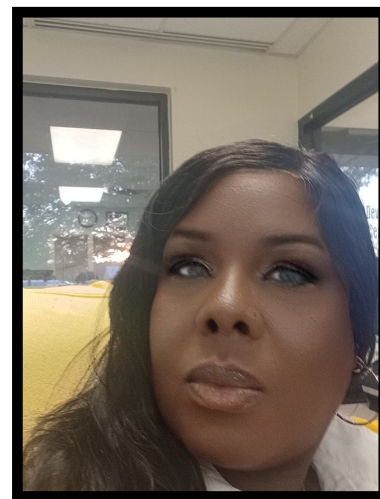
have to go back and face the issue that has perpetuated the problem. Elijah journeyed back and summoned the minor prophet Obadiah. He told Obadiah to go and tell the king that he wanted to speak with him. Obadiah was afraid. Obadiah reminded Elijah that everyone had been looking for him for a long time in every place imaginable.

In the past, Obadiah had hidden one hundred prophets from King Ahab's wife, Jezebel. Obadiah stated that, if he were to walk up to the king to tell him that Elijah was there and wanted to speak with him, he would be killed. Obadiah also feared that as soon as he delivered the message, God would ensure his death when Elijah could not be found. Regardless of his fear, Obadiah did as Elijah had requested.

In an astonishing show of power, Elijah walked up to King Ahab and requested that King Ahab send the four hundred and fifty prophets of Baal and the four hundred prophets of Asherah that ate at Jezebel's table to meet him at Mount Carmel. And the king did it!

Elijah asked the people a very potent question, "*How long halt ye between two opinions? If the Lord be God, follow him: but if Baal, then follow him,*" 1 Kings 18:21. He genuinely wanted to know how long they were going to need to decide. Decision day was now.

Elijah requested that they conduct a very dramatic experiment. They each prepared the sacrifices. The four hundred and fifty prophets called for Baal. They cut themselves with varying objects, and they jumped up and down on



the altar screaming for Baal to answer them to no avail. They called from morning until evening without any results.

Elijah rebuilt the altar. Using twelve stones that represented the twelve tribes of Israel, he dug a trench. He placed the wood in order; he had them to pour four barrels of water on the altar until the sacrifice, wood, and trenches were thoroughly wet.

Elijah came to the altar giving reverence and worship. God sent the fire, and it consumed the altar, the sacrifice, the wood, and the water. All the people fell to their knees declaring that the Lord is God.

In a radical move from burn out, Elijah was able to lead the people back to God through service, sacrifice, and perseverance. There are times that this journey seems impossible, and the tasks seem unsurmountable. If we continue to push forward, all those that God has assigned to us will eventually follow.

Your Money Matters—Beyond the Bubble Bath: Financial Hygiene as Self Care

Sister Mei-Lei Thomas

2025 came in like a whirlwind! While we are catching our collective breaths, let's take a moment to discuss self-care beyond the common spa day. While a good face mask is sometimes exactly what we need, there are other things that we can do that will have long-term positive effects on our health. Think financial hygiene. What is financial hygiene? Financial hygiene (<https://www.npr.org/transcripts/1221795534>) is the practice of managing your finances to keep them organized and optimized.

The current economic climate is sure to be uncertain for the next couple of years, which can lead to unwanted stressors producing anxiety. This is exacerbated for Black and brown communities. Chronic stress can produce a physical phenomenon called “weathering.” “Weathering,” a term coined by Dr. Arline Geronimus (<https://bookshop.org/p/books/weathering-the-extraordinary-stress-of-ordinary-life-in-an-unjust-society-dr-arline-t-geronimus/MbbWQNBWYLzF6rAC?can=9780316258074&next=t&next=t>), is hypothesized as how racism, microaggressions, and socioeconomic disadvantages put someone under chronic, daily stress that literally wears down – or weathers – their physical health, leading to accelerated aging and leaving them susceptible to poor health outcomes. Women of color are more susceptible (<https://www.forbes.com/sites/bonniemarcus/2024/09/11/new-report-highlights-how-the-financial-burdens-of-black-women-affect-their-mental-health-and-career-advancement/>) to the effects of weathering, and, in this issue of *The Scroll*, we are going to examine a few ways to get ahead of it. (Source 1 (<https://www.sciencedirect.com/science/article/abs/pii/S0277953620303889>), Source 2 (<https://www.vox.com/the-weeds/24079547/weathering-black-health-outcomes-women-dr-uche-blackstock>), and Source 3 (<https://www.henryford.com/blog/2024/02/the-weathering-effect>)).

To make this approach to achieving financial hygiene less overwhelming,

consider setting aside a time to have a Money Date (<https://www.schwab.com/learn/story/estate-planning-people-with-no-heirs>). Grab your family or chosen community and set aside one hour a month to sit and talk about your finances. Checking our accounts, debt management plans, unnecessary subscriptions, and long-term financial goals is important but daunting, so let's make it fun! Here are a few suggestions according to the age group.

50+: Start with your estate plan. Ensure your will and life insurance policies are up to date. Create a fun night to go over your end-of-life plans with your family, so, when the time comes, everyone is prepared to handle your affairs with as little stress as possible. Hard to think about? Make a craft night out of it! Create a scrapbook where you write notes to one another. Have your important documents, passwords, and care instructions on one page and have your descendants color the opposite pages. Add pictures and shared memories, so that, when it is time to open the book, there are happy moments to accompany the grief.

35+: Review your debt management plans, life insurance policies, and update your beneficiaries. Don't have any beneficiaries and are looking for alternative ways to leave your legacy? Consider these alternatives (<https://www.schwab.com/learn/story/estate-planning-people-with-no-heirs>) to human heirs. Grab a few of your friends and create an accountability group where you get together once a month and discuss long-term goals. It can feel less lonely when your community is involved.

25 and under: This is a great stage of life to think about your long-term goals and wealth building options. Read this article (<https://www.forbes.com/sites/tessbrigham/2025/02/18/the-new-money-mindset->

[gen-z-is-treating-finances-like-self-care/](#)) about all the ways that Gen Z is approaching financial self-care.

Kids and Teens: The Consumer Financial Protection Bureau (https://pueblo.gpo.gov/CFPBpubs/CFPBpubs.php?NavCode=XB&Sub2ID=283&CatID=37?utm_source=FY23&utm_medium=email&utm_campaign=Brian-Page_2023&utm_id=BPPage) has free downloadable workbooks for grades K-16 that teach about money matters from understanding what money does to saving and giving. Parents, here is a list of games (<https://successfulblackparenting.com/2024/03/12/5-interactive-games-and-activities-to-teach-kids-about-money/>) that teach kids about finances.

While the Bible has very few verses that speak to self-care directly, we know that God encourages us to remain prepared for seasons of harvest and famine (Prov. 6:6-9 and Gen. 41:28-32). We are encouraged to be anxious for nothing, knowing that God will supply all our needs (Phil. 4:6), and we know that faith without works is dead, so grab your family and friends, mark your calendar, and take care (<https://www.ellevest.com/magazine/personal-finance/financial-self-care/>)!

Chronic stress can produce a physical phenomenon called “weathering.”

We would like to extend our warmest, most sincere welcome to the newest members of PCC. ☕

Fit for the Kingdom—Trying New Things

Minister Demetrius Robinson

Workout burnout is a real thing. I remember being forced to work out in my old army days because it was a part of the job. I had to do it. After being separated from the army, I had no desire to workout at the fitness level that was required while in service. I had to change my mindset when it came to exercise as a civilian because my will to workout diminished greatly. I had to shift my thinking and resist physical burnout.

From a fitness perspective, burnout happens when you push yourself too hard without enough recovery, leading to physical exhaustion, mental fatigue, and lack of motivation. Lack of motivation hits hard! If you're feeling burnt out, here are some ways to reset and move forward:

1. Identify the Why: Understand why burnout is taking place; it's more than likely one of the following:

- Overtraining: Too much intensity, volume, or frequency without enough rest.
- Lack of Variety: Doing the same workouts repeatedly can lead to mental and physical stagnation.
- Poor Recovery: Not enough sleep, hydration, or nutrition.
- External Stress: Work, relationships, and life stressors can compound physical fatigue.

2. Take a Step Back: Most trainers I know will advise that taking a step back is the right thing to do.

- Rest & Recover: Take a de-load week or even a full break from structured training.
- Active Recovery: Low-intensity activities like walking or light

mobility work can help keep you moving without added stress.

- Prioritize Sleep & Nutrition: Recovery is just as important as training.

3. Shift Your Mindset: Listen, the key to restoration and restarting takes place in the mind!

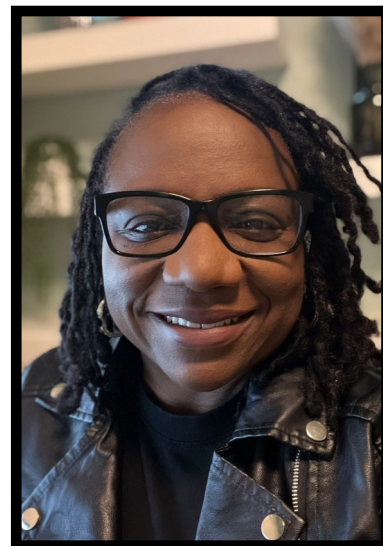
- Redefine Goals: Instead of performance-based goals, focus on how movement makes you feel.

Just so you know, burnout is a signal not a failure.

- Ditch Perfectionism: You don't have to hit every workout hard—listen to your body.
- Find Joy in Movement: Try new activities (hiking, dancing, or swimming) to reignite passion.

4. Ease Back In: I cannot express the importance of taking your time... ease back in. Jumping right back in can do more damage than good.

- Lower the Intensity: Start with shorter or lower-intensity workouts before ramping up.
- Mix It Up: Cross-training or switching to a new workout style can prevent monotony.



- Listen to Your Body: Some days will feel better than others—adapt as needed.

Just so you know, burnout is a signal not a failure. By adjusting your approach, you can come back stronger, more balanced, and more motivated. Now is the time. You may have burnout, but you can reset and restart as many times as needed.

The Scroll Editorial Policies

- Members and friends of PCC are encouraged to submit original work, including but not limited to, Testimonies, Book Reviews, Creative Expressions, and Healthy Recipes.
- Please limit your submissions to original work.
- Please submit your material electronically. The preferred format is a Word document.
- Please limit your word count to 650 words or less.
- All submissions will be edited by *The Scroll* Editing Team.

If you would like to receive an electronic version of the newsletter, please send your request to latonjab@hotmail.com.

Creative Expression

Sister Ursula Lovely

The Gift

God has given each and every one of us the gift of time.
With this gift, there is another that we need to find.
The gift is yours, and it is mine.
You all have probably heard the song "Let this Little Light Shine."

This gift was given when time did begin,
But we must seek it now because of original sin.
You see God is the gift given to us from above.
He is in all of us hidden in what we use, love.

Whether we admit it or even realize it, God is behind the good that we do.
We need to share this knowledge with others so that they know this too.
The thing is to recognize this and to understand that it is there for a reason.
Thank God for this gift, and use it in each and every season.

God is there in our souls, minds, and in our hearts.
We just need to find and acknowledge Him and continuously do our part.
This job is yours, and it is mine.
You see God is the light we need to let shine.

"For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them," Ephesians 2:10.

Happenings and Events

Bible Study—Wednesdays at 7:00 p.m. preceded by prayer at 6:30 p.m.

Family Prayer—Saturdays at 9:00 a.m.

Women's Auxiliary—Third Friday of the month.

Women's Auxiliary Meeting—April 26, 2025, from 11:30 to 1:30.

Prayer Requests:

- ♥ Pastor and Minister Jo Ann
- ♥ National and local leaders
- ♥ Military and their families and veterans
- ♥ Youth, families, singles, and marriages



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PCC Scroll

Founded in 2002

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