




**URBAN
SAINTS**

Caring Without Burning Out



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If you're passionate about helping young people, you probably pour yourself out without even noticing.

You stay late for that conversation, answer the late-night text, and carry young people's pain long after you've gone home. It comes from a good place—your heart for God and for people. **But passion without pace can leave us empty.**

Even Jesus, who loved perfectly, withdrew to quiet places to pray (Luke 5:16). He healed crowds, taught multitudes, and carried the weight of brokenness - but He also knew when to rest, eat, and be with His Father. **If He needed it, so do we.**

Here are some gentle reminders to help you care, without burning out.

- You can't give what you don't have. Time with God and time to rest aren't luxuries - they're lifelines.
- Boundaries are holy, not selfish. Saying no can sometimes be the most loving thing, because it keeps you healthy enough to keep saying 'yes' where it matters most.
- Your worth isn't in your output. God delights in you, not just in what you do for others.





Wellbeing isn't about stepping back from your calling—it's about staying rooted so you can keep going.

When you care for your soul, you create space for God to refresh you, so your passion can burn bright without burning out.

**So today, pause.
Breathe.
Rest in Him.**

The One who called you is also the One who sustains you.

**This guide is just one of the ways
we're here to walk with you!**

Discover more free tools, training
and resources to equip you in
disciplining young people.

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