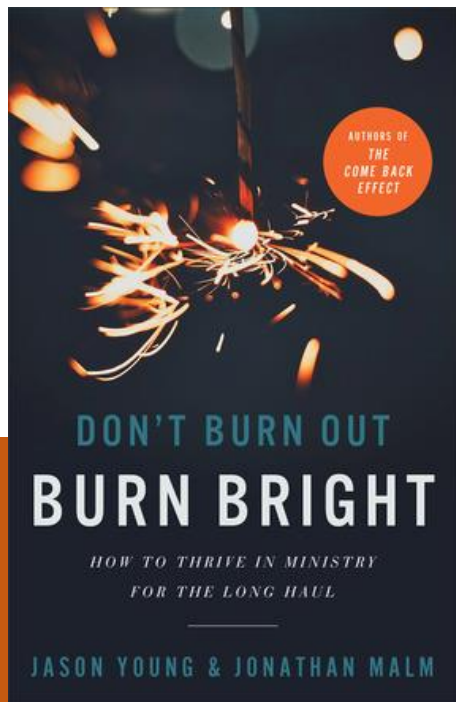


## How to Build Long-Term Energy, Health, and Success as a Ministry Leader

**"Leaders get into ministry because they want to be part of great things. But too often, leadership can lead to burnout. It doesn't have to. In *Don't Burn Out, Burn Bright*, Jason and Jonathan provide a framework that will help you thrive." Andy Stanley, senior pastor, North Point Ministries**



***Don't Burn Out, Burn Bright:  
How to Thrive in Ministry for the  
Long Haul***

**by Jason Young  
and Jonathan Malm**

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a copy of the book, please contact:*

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Pastors and ministry leaders are some of the hardest-working people in the world--and they have the high rate of burnout to prove it. So few in ministry feel they have the time to take a sabbatical or tend to their own physical, emotional, and spiritual needs. But healthy rhythms of work and rest are the key to a thriving, long-term ministry.

"Navigating the complexity of life and leadership seems to get harder every year," writes **Carey Nieuwhof**, bestselling author of *At Your Best*, podcaster, and founder of [TheArtofLeadershipAcademy.com](http://TheArtofLeadershipAcademy.com) about *Don't Burn Out, Burn Bright*. "In this book, replete with stories and real-world examples every leader can relate to, Jason and Jonathan offer a practical guide to making it through leadership in a healthy way."

*In **Don't Burn Out, Burn Bright: How to Thrive in Ministry for the Long Haul***, leadership consultants Jason Young and Jonathan Malm, show readers how to fine-tune their leadership and organize their life in such a way that they can become a high-capacity leader without the exhaustion and discouragement so many feel.

After taking a Burnout Assessment, leaders will learn:

- How to recognize key things that lead to exhaustion
- How to create a trusted circle of friends
- How to establish and operate from values
- How to free themselves from entanglements
- How to establish relational boundaries

Readers will learn practical ways to embrace peace, go spiritually deeper, release control, reset, and much more to burn bright and make a lasting impact without sacrificing their health, happiness, and relationships.



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## About the Authors

**Jason Young** is a keynote speaker, coach, and consultant who helps churches and businesses thrive by guiding people to understand themselves, each other, and their work culture. The coauthor of *The Come Back Effect*, *The Come Back Culture*, *The Volunteer Effect*, and *The Volunteer Survival Guide*, Jason has an earned doctoral degree in the field of hospitality. He lives in Atlanta, Georgia.

**Jonathan Malm** helps churches through his projects, SundaySocial.tv and ChurchStageDesignIdeas.com, and consults with organizations on guest services and creative expression. The coauthor of *The Come Back Effect*, *The Come Back Culture*, *The Volunteer Effect*, and *The Volunteer Survival Guide*, Jonathan lives in San Antonio, Texas.

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## PRAISE for *Don't Burn Out, Burn Bright*

"As a church leader with over forty years in ministry, I can say that *Don't Burn Out, Burn Bright* by Jason and Jonathan is greatly needed for every church leader who wants to go the distance in a healthy and productive way. Their new book delivers practical insights for ministry in a complex and fast-paced world."

**Dr. Dan Reiland**, executive pastor, 12Stone Church

"Jason and Jonathan have hit the nail on the head in their new book, *Don't Burn Out, Burn Bright*. They address a problem that has been ignored for too long--burnout in leadership--with real, attainable solutions. Thank you for bringing this valuable resource into the leadership world."

**Charles Nieman**, founder and senior pastor, Abundant Church

"It is tragically ironic that those serving the Prince of Peace and the Good Shepherd are regularly burning out and growing discouraged. Jason Young and Jonathan Malm demonstrate that leaders should expect challenges but not burnout. You will find much wisdom and practical examples in these pages to help you thrive throughout your calling."

**Dr. Richard Blackaby**, author and president, Blackaby Ministries International

"Every week, I hear from pastors who are exhausted, ready to quit, or recovering from personal failure. The polarization in our culture and congregations puts a can't-win pressure on those who lead our churches. Mental health challenges are front and center among pastors more than I've ever seen. I'm grateful for the incredibly practical tips found in these pages. The recommended rhythms from Jason and Jonathan are life-giving and will help you regain your joy and passion for people."

**Tim Stevens**, executive pastor, Willow Creek Community Church



## Sample Interview Questions for Jason Young and Jonathan Malm

### *Bright Don't Burn Out, Burn*

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- Share with us how you came to write this book and why it's important for today's ministry leaders.
  - What are some ways ministry leaders can tell they are burning out?
  - Name a few of the things that cause exhaustion in leaders.
  - Why is denying your reality the worst thing you can do in leadership? Please explain.
  - You write "don't beat yourself up if you find yourself in an unhealthy place." What should leaders do when they realize they are in an unhealthy place?
  - In order to move to a healthy place you share a list of 11 types of people leaders need to have in their life. Can you share a few types of these people that leaders should have in their trusted circle?
  - How do our values lead to life and longevity in leadership?
  - What are some things that cause us to stray from our appropriate values?
  - Talk about why emotional exhaustion is such a big problem in leaders and what can be done to avoid it?
  - How do relational boundaries actually show more love not less. Please give an example of some practical boundaries leaders can implement.
  - What one thing do you want ministry leaders to know after reading this book?
  - Thanks for joining us!
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