

BATTLING BURNOUT

MEMORY VERSE: 1 KINGS 19:11b-13

...And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave

HOW DOES THE BODY RESPOND TO STRESS AND BURNOUT?

COMMON MISTAKES

1. WE RUN OURSELVES INTO THE _____
Elijah was afraid and ran for his life....1 Kings 19:3
2. WE TRY TO DO IT ON OUR _____
....When he came to Beersheba in Judah,
He left his servant there....
1 Kings 19:3
3. WE DWELL ON THE _____
“Take my life; I am no better than my ancestors...” 1 Kings 19:4

SOMETIMES THE MOST SPIRITUAL THING YOU CAN DO IS _____.

5Then Elijah lay down under the bush and went to sleep. An angel came to him and touched him. The angel said, “Get up and eat!” 1 Kings 19:5

28“Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light.” Matthew 11:28-30

MY NEXT STEP TODAY IS :

REFLECTION QUESTIONS

Read 1 Kings 19:11-12. Where do you find God’s presence? What does it look like to see Him in the ordinary moments?

Talk about a time when you experienced burnout in any area of your life. What was that like, and how did you find relief and hope?

Is there currently an area in your life where you feel close to burnout? How are you processing it, and what changes could you make to rest this week?