

# Beating Burnout

## Peace of Mind: Part 7

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**BURNOUT** = A combination of mental, emotional and physical \_\_\_\_\_ from multiple sources and complicated situations.

**Stress is** \_\_\_\_\_ **and specific**

**Practice good life** \_\_\_\_\_

**Burnout is chronic and** \_\_\_\_\_

*Then Elijah became afraid and immediately ran for his life. When he came to Beersheba that belonged to Judah, he left his servant there, but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! LORD, take my life, for I'm no better than my fathers." Then he lay down and slept under the broom tree.*

1 Kings 19:3-5

## Signs of Chronic Stress/Burnout

1. \_\_\_\_\_ manifestations
2. \_\_\_\_\_ implications
3. \_\_\_\_\_ complications

# Elijah's Three Mistakes

1. We \_\_\_\_\_ ourselves into the \_\_\_\_\_

2. We don't let other \_\_\_\_\_ in

*When he came to Beersheba that belonged to Judah, he left his servant there...*

1 Kings 19:3

3. We \_\_\_\_\_ on the \_\_\_\_\_

*"I have had enough! LORD, take my life, for I'm no better than my fathers."*

1 Kings 19:4

*Suddenly, an angel touched him. The angel told him, "Get up and eat." Then he looked and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and lay down again.*

1 Kings 19:5-6

## What We Need

1. Sometimes the most spiritual thing you can do is \_\_\_\_\_

*Then the angel of the LORD returned for a second time and touched him. He said, "Get up and eat or the journey will be too much for you."*

1 Kings 19:7

2. We need to be \_\_\_\_\_

*He entered a cave there and spent the night. Then the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?"*

*He replied, "I have been very zealous for the LORD God of Hosts, but the Israelites have abandoned Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left, and they are looking for me to take my life."*

*Then He said, "Go out and stand on the mountain in the LORD's presence."*

*At that moment, the LORD passed by. A great and mighty wind was tearing at the mountains and was shattering cliffs before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was a voice, a soft whisper. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.*

1 Kings 19:9-13

*"Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

Matthew 11:28-30 MSG

\* All scriptures from HCSB unless otherwise noted