



Burnout

1 Kings 19

He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the tree and fell asleep. (1 Kings 19:4b, 5a, NIV)

Stress & burnout shows up as:

1. A physical manifestation in your body.
2. Mental manifestations.
3. Emotional manifestations.

3 mistakes that amplify burnout:

1. I run myself into the ground.
2. I try to do it all on my own.
3. I tend to dwell on the negative.

All at once an angel touched him and said, "Get up and eat." (1 Kings 19:5c, NIV)



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He (Elijah) looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." (1 Kings 19:6-7, NIV)

To overcome burnout:

1. Create a "stop doing" list.
2. Find something that will take your mind off of all your stressors and help you focus on something else.
3. Pursue a fresh encounter with God.

So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God... The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks 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 came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. (1 Kings 19:8, 11-12, NIV)