

HOW TO PREVENT BURNOUT

How To Be At Peace - Part 8

Ecclesiastes 1:1-11 (LB) "The author Solomon of Jerusalem, king David's son, the preacher. In my opinion, nothing is worthwhile. Everything is futile for what does a man get for his hard work? Generations come and go but it makes no difference. The sun rises and sets and hurries around to rise again. The wind blows south and north, here and there, twisting back and forth, getting nowhere. The rivers run into the sea but the sea is never full and the waters return again to the rivers and flow again to the sea. Everything is unutterably weary and tiresome. No matter how much we see, we're never satisfied. No matter how much we hear, we're not content. History merely repeats itself. Nothing is truly new. It's all been done and said before. What can you point to that's new? How do you know it didn't exist long ago? We don't remember what happened in the former times and in the future generations, no one will remember what we've done back here."

Ecclesiastes 2:17 "So now I hate life because it's all so irrational. All is foolishness, chasing the wind and I'm disgusted that I must leave the fruit of all my hard work to others."

Ecclesiastes 2:20 "So I turned in despair from hard work as the answer to my search for satisfaction."

Ecclesiastes 2:23 "So what does a man get for all his hard work. His days are full of sorrow and grief and restless, bitter nights. It's all utterly ridiculous."

How to Prevent Burnout

1. _____ **In Your Lifestyle.**

Ecclesiastes 3:1-4 "There is a time for everything and a season for every activity under heaven. A time to be born and a time to die. A time to plant and a time to uproot. A time to kill and a time to heal. A time to tear down and a time to build. A time to weep and a time to laugh. A time to mourn and a time to dance."

Ecclesiastes 3:11a "He has made everything beautiful in its time."

2. _____ **Personal Relationships.**

Ecclesiastes 4:9-12 "Two are better than one because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up. Also, if two lie down together, they will keep warm. How can one keep warm alone? Though one may be overpowered, two can defend themselves and a cord of three strands is not quickly broken."

Psalms 1:1 "Don't associate with cynical, negative, sarcastic, skeptical people. Don't make them your friends."

3. Take Time To _____.

Ecclesiastes 5:18 "Then I realized that it's good and it's proper for a man to eat and drink and find satisfaction in his toils and labor under the sun during the few days of life God has given him. For this is his lot. Moreover when God gives any man wealth and possessions and enables him to enjoy them, to accept his lot, and to be happy in his work, this is a gift of God. He seldom reflects on the days of his life, because God keeps him occupied with gladness of heart."

Proverbs 17:22a "A cheerful heart is good medicine."

Ecclesiastes 5:10-12 (LB) "He who loves money will never have enough. The foolishness of thinking that wealth brings happiness. The more you have the more you spend right up to the limits of your income. So what's the advantage of wealth except, perhaps, to watch it as it runs through your fingers. The man who works hard, sleeps well whether he eats little or much. But the rich must worry and suffer insomnia."

Ecclesiastes 6:6 "Though a man live a thousand years twice over, but doesn't find contentment, what's the use?"

4. Stop _____.

Ecclesiastes 12:13-14 "Fear God and keep His commandments. For this is the whole duty of man. For God will bring every deed into judgment including every hidden thing whether it is good or evil."

Luke 9:25 "What does it profit a man if he gains the whole world and yet loses his soul?"