

HOW TO PREVENT BURNOUT

Patience, Persistence and Peace of Mind - Part 3 of 6

James 5:17 "Elijah was a person just like us. . ."

THE CONSEQUENCES OF BURNOUT:

1. We depreciate our _____.

1 Kings 19:4 "Elijah came to a broom tree, sat down under it, and prayed . . . `Take my life. I'm no better than my ancestors."

2. We underrate our _____.

1 Kings 19:10 (LB) "I have worked very hard for the Lord of the heavens; but the people of Israel have broken their covenant with You and have torn down Your altars..."

3. We exaggerate our _____.

1 Kings 19:10b "I am the only one left -- and they are trying to kill me!"

4. We abdicate our _____.

1 Kings 19:4 ". . . he prayed that he might die. `I have had enough, Lord!" he said."

THE CURE FOR BURNOUT:

1. _____ your body

1 Kings 19:5-8 "He laid down... and fell asleep... Then the angel said, `Get up and eat.'... He ate and drank and then laid down again... Then the angel said `Get up and eat (again) for the journey is too much for you."

Psalm 127:2 (LB) "God wants His loved ones to get their proper rest."

2. _____ **your frustrations.**

1 Kings 19:9-10a "There he went into a cave and spent the night. (God said) `What are you doing here, Elijah?' He replied, `I've been very zealous for the Lord, (but)... "

1 Peter 5:7 "Cast all your cares on Him, because He cares for you."

3. _____ **on God.**

1 Kings 19:11 "Go out and stand before Me on the mountain,' the Lord told him."

Proverbs 14:16 (LB) "Reverence for God gives a man deep strength."

4. _____ **servicing others.**

1 Kings 19:15-16 "Go back the way you came... to the desert of Damascus. When you get there, anoint Hazael... and Jehu... Elisha... "