

**Series:** ELEVATE: How to Deal with How You Feel

**Title:** DRAINED: Dealing with Burn Out

**Text:** “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” Matthew 11:29

**Memory Verse:**

“These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.” John 15:11

**Big Idea:** The Reality of Burnout is the Reminder to Rest



**Six Major Actions To Take When \_\_\_\_\_ Burned Out**

**I) \_\_\_\_\_ with Spiritual People**

*“But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.”* 1 Kings 19:4

*“Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart.”* Ephesians 4:18

**II) \_\_\_\_\_ Realistic Expectations**

*“But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.”* 1 Kings 19:4

*“For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise.”* 2 Corinthians 10:12

**- Run your race, not Paul's!**

**III) Get a Fresh \_\_\_\_\_**

*“But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers...And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake 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 a still small voice.”* 1 Kings 19:4, 10-12

*"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light."* Matthew 6:22

**IV) Take a \_\_\_\_\_.**

*"And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat."* 1 Kings 19:5

*"And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat."* Mark 6:31

**V) \_\_\_\_\_ with God.**

*"And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah?"* 1 Kings 19:9

*"Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me...These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee:"* John 16:32; 17:1

**VI) \_\_\_\_\_ to God.**

*"And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael to be king over Syria: And Jehu the son of Nimshi shalt thou anoint to be king over Israel: and Elisha the son of Shaphat of Abelmeholah shalt thou anoint to be prophet in thy room."* 1 Kings 19:14-16

**Conclusion:**

Beating Burn Out Means Letting \_\_\_\_\_ Carry Your Stress

**Next Steps:**

- Memorize John 15:11
- Become A Follower of Jesus
- Choose Today to Take Time to Rest Each Day.

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**Sunday, April 7, 2024**

You are invited to attend next week as we continue our BRAND NEW preaching series with the message:

*DESPARATION: Dealing with Feeling Afraid*

