

God's Remedy for Burnout

Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.

- I Kings 19:1

Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time.” And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

- I Kings 1:2-3

Background: Elijah (I Kings 19:1-8)

- He lived in the 9th century B.C.
- Prophet in Israel
- Served during the reign of Ahab and Jezebel
- He resisted the introduction of pagan worship (Baal)
- Prayed for a drought (3 years)
- Killed 450 prophets of Baal
- Prayed for a return of rain
- Was threatened by Jezebel the queen

Elijah experienced things beyond “normal” which caused stress:

- Miracles
- War
- Natural Disaster (drought)
- Death threats
- Forced travel and hiding
- Rejection by society

Symptoms of Burnout

- **Despair** – vs. 4a

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,

Symptoms of Burnout

- **Low self-esteem – vs. 4b**

and said, “It is enough; now, O Lord, take my life, for I am not better than my fathers.”

Symptoms of Burnout

- **Anger, resentment – vs. 10**

He said, “I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

Symptoms of Burnout

- **Isolation, loneliness – vs. 14**

Then he said, “I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

Mistakes Caused by Burnout

1. Focus on emotions instead of facts

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**2. Comparing ourselves
to others**

Mistakes Caused by Burnout

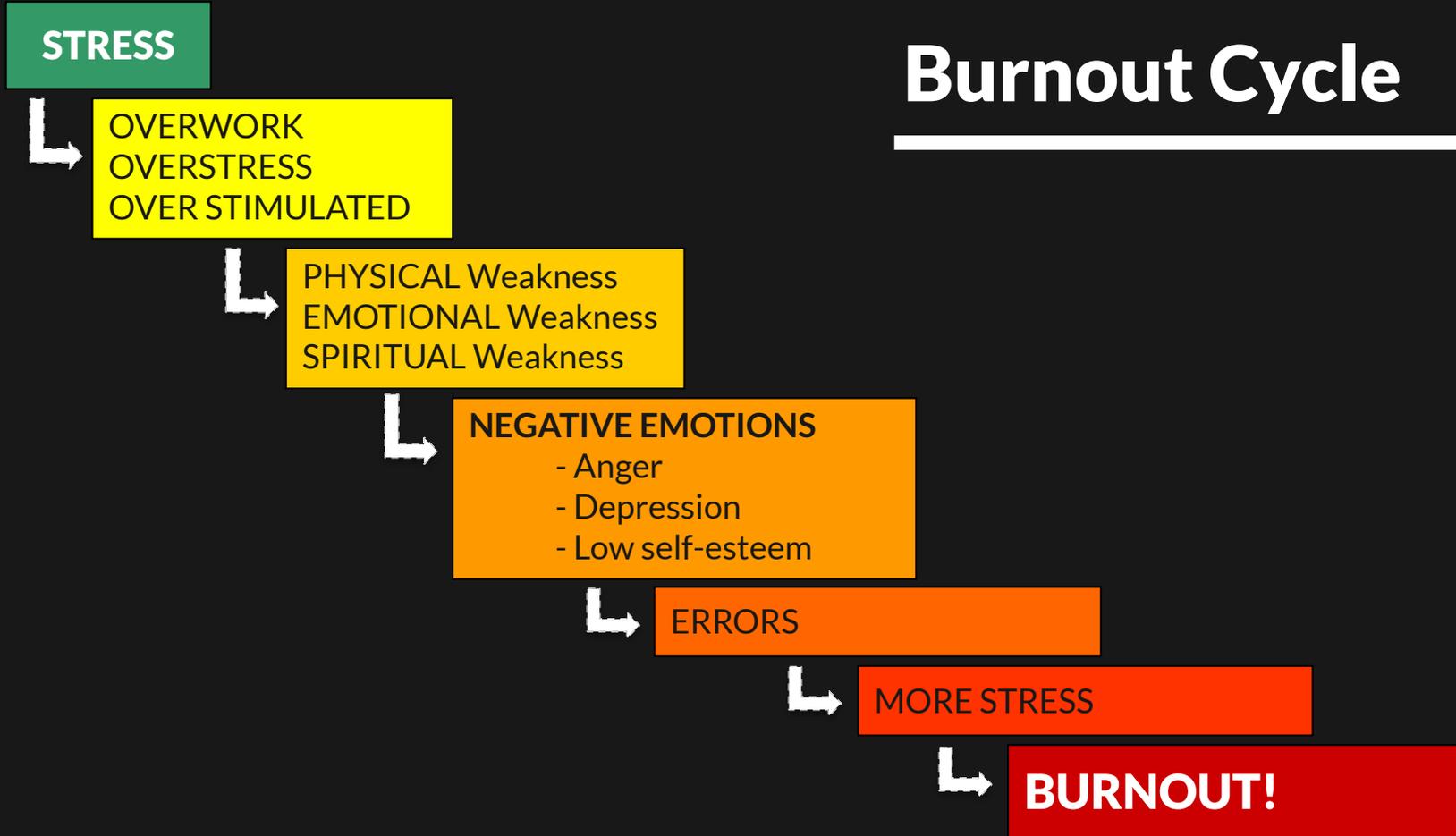
1. Focus on emotions instead of facts
2. Comparing ourselves to others
- 3. Motivated by negative**

Mistakes Caused by Burnout

1. Focus on emotions instead of facts
2. Comparing ourselves to others
3. Motivated by negative

4. Exaggerating negatives

Burnout Cycle



God's 4-Part Rx for Burnout

1. Rest

He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, “Arise, eat.” Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again.

- I Kings 19:5-6

The angel of the Lord came again a second time and touched him and said, “Arise, eat, because the journey is too great for you.” So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.

- I Kings 19:7-8

God's 4-Part Rx for Burnout

1. Rest

2. Release

Then he came there to a cave and lodged there; and behold, the word of the Lord came to him, and He said to him, “What are you doing here, Elijah?” He said, “I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

- I Kings 19:9-10

God's 4-Part Rx for Burnout

1. Rest

2. Release

3. Refocusing

So He said, “Go forth and stand on the mountain before the Lord.” And behold, the Lord was passing by! And a great and strong wind was rending the mountains and breaking 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.

- I Kings 19:11

After the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of a gentle blowing. When Elijah heard it, he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice came to him and said, "What are you doing here, Elijah?"

- I Kings 19:12-13

Then he said, “I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

- I Kings 19:14

God's 4-Part Rx for Burnout

1. Rest
2. Release
3. Refocusing

4. Recommitment

The Lord said to him, “Go, return on your way to the wilderness of Damascus, and when you have arrived, you shall anoint Hazael king over Aram; and Jehu the son of Nimshi you shall anoint king over Israel; and Elisha the son of Shaphat of Abel-meholah you shall anoint as prophet in your place.

- I Kings 19:15-16

God Restores Elijah

- Rest for his body
- Release for his soul
- Refocus for his spirit
- Recommitment for his heart
- Reinforcement of his ministry

Are you burned out?

God's Rx for Burnout

1. Find a balance
2. Express your emotions
3. Reestablish your priorities
4. Find new ways to serve

God Bless You

Don't Stress

but be

Blessed