

GOD'S REMEDY FOR BURNOUT

Balancing Your Personal Life – Part 5

1 Kings 19:1-18

With today's high pressure lifestyle, it's easy to run out of emotional energy. Call it "depression", "burnout", or "the blahs", it is a warning light that something is out of balance in our lives.

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

I. SOME CAUSES OF BURNOUT

- vs. 3 _____
 - vs. 4 _____
 - vs. 4b _____
 - vs. 10 _____
- _____
- _____

II. COMMON MISTAKES WE MAKE WHEN WE ARE EMOTIONALLY AND PHYSICALLY DRAINED:

MISTAKE #1. _____

"...he prayed that he might die. 'I have had enough, Lord!,' he said." vs. 4a

MISTAKE #2. _____

"... Take my life. I am no better than my ancestors!" vs. 4b

MISTAKE #3. _____

"I have been zealous for God ... (but) ... they have rejected your covenant, and broken down your altars..." vs. 10

MISTAKE #4. _____

"... I am the only one left!" vs. 10b

III. GOD'S REMEDY FOR BURNOUT

1. _____ your body.

vs. 5-8

2. _____ your frustrations.

vs. 9- 10

3. _____ on God.

vs. 11-12

4. _____ your life to His purpose.

vs. 15-16

Next week sermon

A FORMULA FOR FRIENDSHIP

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