

+++ SERMON NOTES +++

I Kings 19:1-16

“The Road Back From Burnout”

Definition: “Contents under pressure”

I. CONSEQUENCES OF BURNOUT

A. We depreciate our _____ - v. 4

B. We underrate our _____ - v. 10

I am responsible _____ other people, but not _____ them.

C. We exaggerate our _____ - v. 10b

Feeling something doesn't make it _____. Get in touch with your feelings – but get in touch with the _____, too!

D. We abdicate our _____ - v. 4a

II. CURE FOR BURNOUT

A. Rest your _____ - v. 5-8 - _____

B. Release your _____ - v. 9,10 - _____

C. Refocus on _____ - v. 11 - _____

D. Resume _____ others – v. 15,16 – relational

God gave him a job to do, but also gave him a _____.

