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 _________________________________.