

Gracefully Restored
*Even at our lowest moments, we can be lifted up
by Jehovah Jireh: The God Who Heals*
I Kings 19:1-18 (Pew Bible 267)

September 15, 2019

Pastor Greg Smith

Elijah's Downward Spiral – He:

1. Ran before he _____
2. Evaluated before He _____
3. Looked for changed _____ vs. changed _____
4. Focused on the _____ not the power

“The Healer’s” Gracious Response – He:

1. Provided for Elijah’s Immediate _____
2. Lovingly _____ to Elijah’s complaint
3. Restored Elijah’s purpose

Burnout Warning Signals

Exhaustion	Detachment
Boredom and Cynicism	Increased impatience/irritability
Sense of omnipotence	Feeling unappreciated
Change of work style	Paranoia
Disorientation	Psychosomatic complaints
Depression	Anger
	Suicidal Thoughts

Need some help?

Samaritan Counseling Center – (412) 741-7430