

From Burnout to Blessing
God wants to restore your brokenness;
He's not finished with you.
I Kings 19:1-18

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Burnout Defined:

A state of emotional, physical, mental, and
spiritual exhaustion caused by excessive and prolonged stress.

Elijah's Path to Burnout

1. He _____ before he _____
... *he ran for dear life to Beersheba* – (3)
2. HE _____ before he _____
... *I'm the only one left* (10)
3. He asked for a change of _____ rather than a change of _____
... *take my life* (4)
4. He looked to the _____ and not to the _____
... *now they're trying to kill me* (10)

God's response – He:

1. Met Elijah's _____ needs
2. Proved Himself present and in control
3. _____ to Elijah
4. Gave him new but lighter tasks
5. Provided a genuine _____

Always remember

Because of the Lord's great love we are not consumed, For his compassions never fail.
They are new every morning; Great is your faithfulness
Lamentations 3:22-23 (NIV)