

# PEACE OF MIND—7

## BEATING BURNOUT

**More than half of workers feel burned out as a result of their job demands.**

### **Difference Between Stress and Burnout**

- **Stress is generally short-lived and related to a temporary project or event.**
- **Burnout is chronic stress that feels never-ending.**

*Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup>while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." <sup>5</sup>Then he lay down under the bush and fell asleep. ... 1 Kings 19:3-5 NIV*

### **How Does the Body Respond to Stress and Burnout?**

- **Physical**
- **Mental**
- **Emotional**

### **Common Mistakes**

**1. We run ourselves into the ground.**

*Elijah was afraid and ran for his life. ... 1 Kings 19:3 NIV*

## **2. We try to do it all on our own.**

*... When he came to Beersheba in Judah, he left his servant there ...*  
1 Kings 19:3 NIV

## **3. We dwell on the negative.**

*... “Take my life; I am no better than my ancestors.”<sup>5</sup> ... All at once an angel touched him and said, “Get up and eat.”<sup>6</sup> He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.*  
1 Kings 19:4-6 NIV

## **Sometimes the most spiritual thing you can do is rest.**

*The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.<sup>12</sup> After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. 1 Kings 19:11-12 NIV*

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30 MSG*

## TALK IT OVER

Read **1 Kings 19:11-12**. Where do you find God's presence? What does it look like to see Him in the ordinary moments?

Talk about a time when you experienced burnout in any area of your life. What was that like, and how did you find relief and hope?

Is there currently an area in your life where you feel close to burnout? How are you processing it, and what changes could you make to rest this week?

Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: [www.go2.lc/mentalhealthplan](http://www.go2.lc/mentalhealthplan)