



New International Version is used for questions

1. Read 1 Kings 19:1-14. What were the circumstances that caused Elijah to “burn out”? Have you ever come to a place in your life where you felt burned out? What happened? What did you do to overcome it? Are you feeling that way now? What is causing it?
2. What are the three signs that you are burning out? Have you ever experienced these?
3. It seems that in many of the problems we have in life, the first step to overcoming is to be honest with God. Do you think, since God already knows everything, that it is God that we are being honest with? Who is it really that we need to be honest with?
4. What are the three reasons why burnout continues in our lives? Do you ever find yourself doing these when you feel burned out?
5. What did Pastor Rick say is the holiest thing we can do sometimes? What happens when we resist rest? What are the five things the weary need?
6. In 1 Kings 19:10, what are the three lies that Elijah believed? What does exhaustion do to us? Have you ever been guilty of exaggerating how bad things were (at least in your own mind) because you felt burned out?
7. Read 2 Corinthians 4:16-18. What does this passage tell us is the solution to keep from becoming burned out by the difficult circumstances in our lives? What three things should we always remember when we are feeling overwhelmed?

Answers

1. *The circumstances were that he believed that everything regarding Israel's recovery from idolatry rested on him and whether or not he could cause the change. The result of his efforts had been that the queen wanted to kill him so he had become discouraged because it was not working out the way he had envisioned it. He felt he was all alone.*
2. *The three signs are: a. I'm emotionally drained; b. I'm spiritually empty getting nothing from my relationship with God; and c. I am mentally overwhelmed.*
3. *It is not really that we need to be honest with God, it is that we need to be honest with ourselves and admit that we have a problem and that we do not have the power to solve it, that we need help.*
4. *The three reason burnout continues is that instead of seeking help, we a. Keep performing; b. Keep pushing; and c. keep pretending everything is okay.*
5. *He said that sometime the holiest thing you can do is to rest. The five things the weary need are: a. more sleep; b. greater margin; c. healthier rhythms; d. time alone with God; and e. do something that renews and refreshes you.*
6. *The three lies that Elijah believed were: a. I'm all alone; b. Nothing is working; and c. It's all on me. We do tend to exaggerate how bad things are when we are tired and worn out.*
7. *This passage tells us that the solution to burnout is to change our perspective about what is important in life. Yes, in this human body we are frail and we will have problems, but the real reality is that we are eternal and the most valuable things in life are the things that will last forever. The three things we should always remember when we feel overwhelmed are: a. God still has a purpose for me; b. God still has His calling on my life; and c. God still has work to do in my life.*