

***“When the weight gets heavy:
Understanding stress &
burnout”***

Isaiah 40:31... “They that wait upon the
Lord shall renew their strength...”

Burnout

- **Burnout is when the weight of life becomes heavier than the strength you have left to carry it.**
- **Burnout in Scripture appears as:**
 - **Weariness**
 - **Discouragement**
 - **Emotional fatigue**
 - **Feeling overwhelmed**
 - **Loss of motivation or joy**

God's greatest servants faced burnout

- **Moses** said, “*Lord, this burden is too heavy for me.*”
Num 11:14-17 NIV...
- In **Psalm 43:5**, **David** cried, “*My soul is downcast within me.*”
- In **2 Cor 1:8**, **Paul** said he was “*pressed beyond measure,*”
- **Elijah** sat under a tree and prayed, “*Lord, I’ve had enough.*” In **1 Kings 19:1-18**

What drains us?

- **Workload overload - When you carry too much**
 - **Exodus 18:17–18**
- **Lack of control - When you try to control everything**
 - **Proverbs 16:9**
- **Role uncertainty - When you don't know what is expected of you**
 - **Habakkuk 2:2**
- **Emotional exhaustion - When your heart is drained.**
 - **1 Kings 19:4**
- **Lack of support - When you carry burdens alone.**
 - **Ecclesiastes 4:9–10**

What drains us?

- **Poor boundaries - When you say yes too often.**
 - **Luke 5:16**
- **Personal pressures and perfectionism - When you demand too much of yourself.**
 - **Psalm 46:10**
- **Misaligned purpose - When your work doesn't match your calling.**
 - **Jeremiah 20:9**
- **Lack of restorative rhythms - When you don't refuel.**
 - **Psalm 23:2-3**

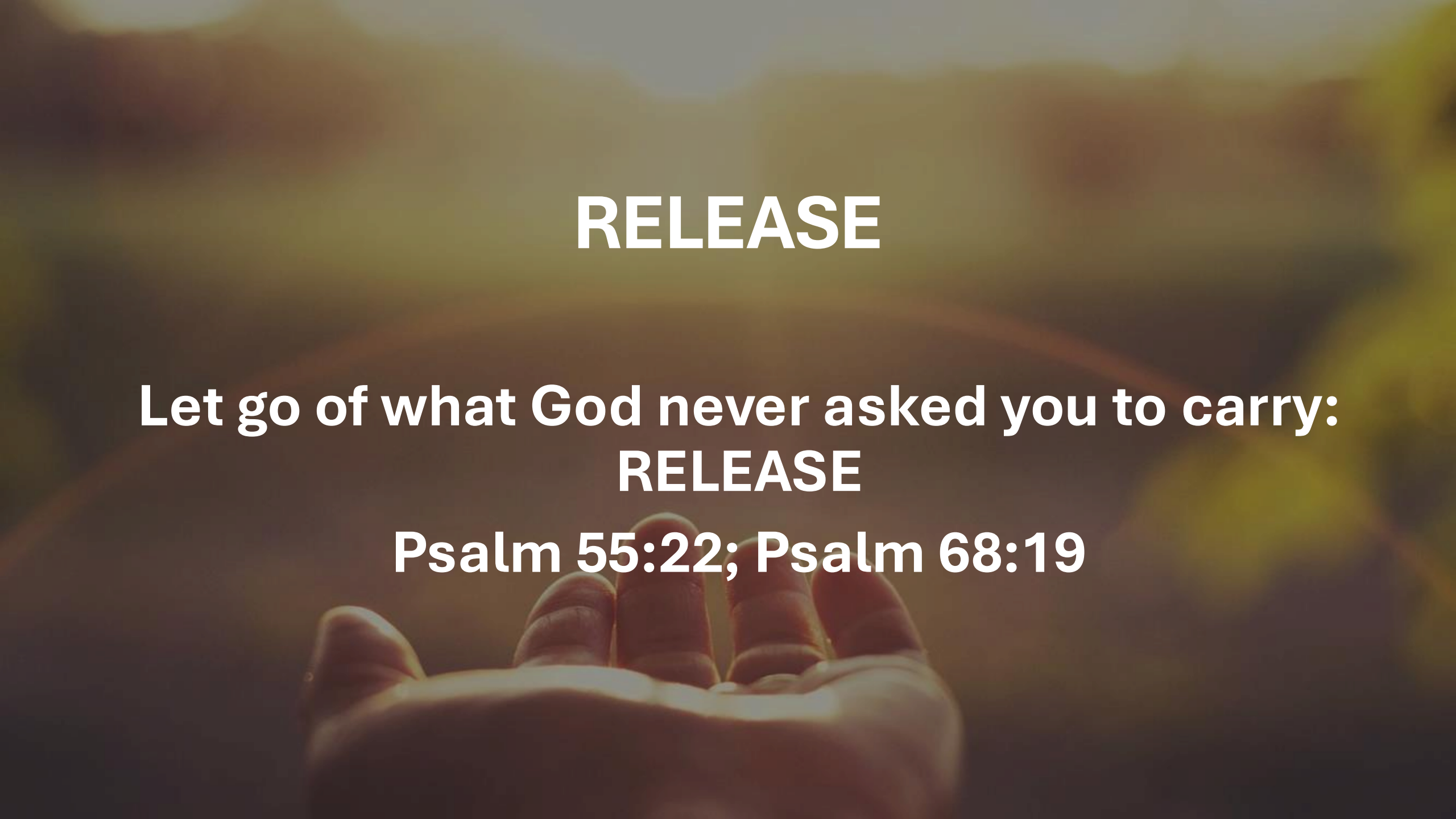
GOD'S BLUEPRINT FOR OVERCOMING BURNOUT

- But Jesus gives us an invitation:
 - **Matthew 11:28; 1 Peter 5:7; 2 Corinthians 12:9**
- **Rest** - Stop and breathe
- **Release** - Give God the weight
- **Renew** - Receive strength from the Spirit
- **Recenter** - Return to His presence
- **Restore** - Let God rebuild joy and purpose

REST

**God's first
remedy for
burnout:
REST**

**Mark 6:31
Matthew 11:28**

A hand is shown from the bottom, reaching upwards towards a bright, hazy sky. A faint rainbow is visible in the background. The overall tone is warm and hopeful.

RELEASE

Let go of what God never asked you to carry:

RELEASE

Psalm 55:22; Psalm 68:19

RENEWAL

**Strength comes
from God and not
self effort:
RENEWAL**

Isaiah 40:29

2 Corinthians 12:9

RECENTER

**Return to God's presence and voice:
RECENTER**

Psalm 46:10; Psalm 62:1

RESTORE

**Let God rebuild joy
and purpose into your
life: RESTORE**

**Nehemiah 8:10
Lamentations 3:22–23**