

Next Steps

- Today, *for the first time*, I pray
Lord Jesus, I want to start the new year off right by accepting You as my Savior. Thank you for forgiving my sins. I trust You with my life. Amen

I want to sign up for:

- Indoor Baptism, Sun, Feb 2nd
- Starting Point, beginning Tues, Feb 4th @ 6:30pm
- Get Ahead (biblical financial principals), beginning Tues, Feb 4th @ 6:30pm

I want to take the next step in the CLASS process Jan 28th @ 6pm. Sign me up:

- CLASS 101: Membership
- CLASS 201: Spiritual Maturity
- CLASS 301: My Ministry

Send me info about Man Camp, Feb 20-21. Contact me at: _____

Harvest Christmas Offering 2019

<i>Here</i> Harvest Children & Student Ministries (300+ salvation decisions)	<i>Near +</i> Harvest Prison Ministries (170+ salvation decisions) & Local Benevolence	<i>For</i> Harvest Micro Industries to empower poverty-stricken areas
--	--	---

CAMP GRACE
ROBERTA, GA

HARVEST CHURCH
MANCAMP
20 20

COST \$125
FEB 21ST-22ND

SIGN UP AT HARVESTCHURCH4U.ORG/EVENTS

HARVEST STUDENT MINISTRY
YOUTH
RETREAT

JUNE 28-JULY 1, 2020
WOODLAND CHRISTIAN CAMP
TEMPLE, GEORGIA

RATE ENDS
JAN 15TH

Special
Christmas
Rate! **\$299**

Register at harvestchurch4u.org/events

CLASS BLITZ

101 MEMBERSHIP 201 MATURITY 301 MY MINISTRY

TUESDAY, JAN 28TH @ 6:00 PM
(CHILD CARE AVAILABLE WITH A RESERVATION.)

SIGN UP ONLINE AT HARVESTCHURCH4U.ORG/EVENTS



Emotional Balance: Avoiding Burnout

I. Burnout: a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.

4 Things Leaders Can Do to Combat Burnout

by Suzi McAlpine

1. Know what burnout looks like.
2. Make it ok for people to admit when they're suffering from burnout.
3. Fight isolation and focus on connection.
4. Prioritize and organize workloads.



II. Elijah

- ✓ A prophet of God
 - ✓ Lived in the time of evil King Ahab and Queen Jezebel
- “But Ahab son of Omri did what was evil in the Lord’s sight, even more than any of the kings before him.”* 1 Kings 16:30 (NLT)
- ✓ Ministry characterized by amazing miracles, as well as, extreme emotional loss
 - ✓ Jesus refers to him (Luke 4:26)
 - ✓ Didn’t die; but was taken to heaven (2 Kings 2:11)
 - 1 Kings 18: Contest at Mount Carmel
 - 1 Kings 19: Emotional exhaustion after victory; suicidal depression

Today’s Key Verse:

*“Then he [Elijah] went on **alone** into the wilderness, traveling all day. He sat down under a solitary broom tree and **prayed that he might die**. ‘I have had enough, Lord,’ he said. ‘Take my life, for I am no better than my ancestors who have already died.’”* 1 Kings 19:4 (NLT)

III. Some Causes of Burnout

1. **FEAR** and **STRESS**.
*“Elijah was **afraid** and fled for his life...”* 1 Kings 19:3a (NLT)
2. **LONELINESS**

3. **EXHAUSTION**

[Elijah] “‘I have had enough, Lord,’ he said. ‘Take my life...’”
1 Kings 19:4b (NLT)

4. **WORRY**

*“I am the only one left, and now they are trying to **kill me** too.”*
1 Kings 19:10c (NLT)

IV. God’s Remedy for Elijah...and Us

1. **REST**, **EAT**, **REPEAT**.

*“Then he **lay down and slept** under the broom tree. But as he was sleeping, an angel touched him and told him, ‘Get up and eat!’ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he **ate and drank and lay down again**. Then the angel of the LORD came **again** and touched him and said, ‘Get up and **eat some more**, or the journey ahead will be too much for you.’”* 1 Kings 19:5-7 (NLT)

2. Vent your **ANGER**, **FRUSTRATION** and **FEARS**.

*“Elijah replied, ‘I have zealously served the Lord God Almighty. But the people of Israel have **broken their covenant** with You, torn down Your altars, and killed every one of Your prophets. **I am the only one left, and now they are trying to kill me, too.**’”* 1 Kings 19:10 (NLT)

3. Get in **GOD’S PRESENCE** and **LISTEN**.

*“‘Go out and **stand before Me** on the mountain,’ the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain... but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a **gentle whisper**.”* 1 Kings 19:11-12b (NLT)

*“Be **still, and know that I am God!**...”* Psalms 46:10a (NLT)

[Jesus] “Yes, I am the vine; you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing.” John 15:5 (NLT)

4. **RE-ENGAGE** with God’s mission.

*“Then the Lord told him, ‘**Go back** the same way you came... When you*

arrive there, **anoint** Hazael to be king of Aram. Then **anoint** Jehu... to be king of Israel, and **anoint** Elisha... to replace you as My prophet.”

1 Kings 19:15-16 (NLT)

Translations: New Living Translation (NLT)