

Sermon Notes
April 14/19 – Mark 14:32-40 & 1 Kings 19
Didn't See It Coming 6: Burnout

Summary: When we are compassionate and conscientious and placed in an environment that is stressful and frustrating, we are at risk of experiencing burnout. But Jesus invites us to retreat with him, reset in his love, repent of the lies that are leading us into burnout and reset our lives according to his love and truth. Then we will experience more fruitful and joyful lives.

Core Idea: Jesus invites us to reset our lives in the truth of his love and the new identity he gives us.

Intro: The accident

- A. Burnout is "...a state of fatigue or frustration brought about by _____ to a cause, way of life, or relationship that failed to produce the expected reward." Herbert Freudenberger
- B. Results
 - 1. Studies have shown that 17% of Lutheran Church-Canada pastors, 1/3 of US nurses, nearly half of teachers in India and 46% of physicians suffer from _____
 - 2. Increased healthcare costs due to burnout in the US are estimated to be between \$125 and \$190 billion

- 3. The health risks due to burnout include type 2 diabetes, high cholesterol, gastrointestinal issues, coronary heart disease and even premature death.

I. The Setup for Burnout (Mark 14:32-42)

- A. Background
- B. Jesus in Gethsemane
- C. For the spirit is willing, but the flesh is _____
 - 1. The body cannot always do what we want in our spirit
 - 2. Sometimes the spirit can take the body beyond what it has capacity to _____
 - 3. A person who is high in compassion & conscientiousness
 - a. In an environment that is _____ & frustrating
 - b. Is at risk of burnout
 - 4. Video clip: Pete & Libby Briscoe

II. The Accelerant for Burnout (1 Kings 19)

- A. Elijah & the contest with the prophets of Baal (1 Kings 18)
- B. Elijah's burnout (1 Kings 19:4)
- C. Times of Stress, even _____ stress, can mask the depletion of personal resources

III. The Remedy for Burnout

- A. Rest & nutrition
- B. Retreat
- C. Repent - Replace the lies we believe with God's truth
 - 1. The lies we _____
 - a. I have poured out my life for this cause
 - b. No good thing has come from my labour
 - c. I am all _____
 - d. I'm in danger of being destroyed
 - 2. God's truth
 - a. You are never alone (God is with you)
 - b. God is producing _____ from your labour
 - c. God always preserves a faithful remnant and you are part of it
 - d. You are forever _____ with God
- D. **Jesus**
 - 1. Modeled healthy life
 - 2. Gave us new _____
 - 3. Made us new _____

Conclusion:

- A. Application
 - 1. The answer is not to do more
 - 2. But to _____ more
 - 3. Refreshed, we follow
 - 4. We leave the _____ in God's hands
- B. Imagine what it would be like if we were able
 - 1. Rest in Jesus' love
 - 2. Operate out of the new identity he has given us
 - 3. We would live within our limits
 - 4. Enjoy a fruitful life with more joy and _____
- C. Action
 - 1. Rest
 - 2. R_____
 - 3. Repent
 - 4. R_____