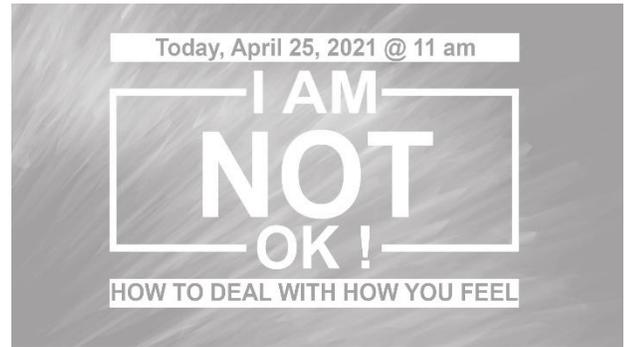


Series: I am NOT ok!: How to Deal with How You Feel

Title: *Done: Dealing with the Feeling of Burn Out!*

Text: 1 Kings 19:1-18



Introduction:

Forbes.com gives 10 signs of burn out.

- 1) _____
- 2) Lack of Motivation
- 3) Frustration/cynicism
- 4) Cognitive Problems
- 5) Lower Job performance
- 6) Personal problems at _____ and _____
- 7) Poor healthcare habits
- 8) Preoccupied with work when not at work.
- 9) _____ satisfaction
- 10) _____

Memory Verse

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (John 15:11)

Big Idea

The reality of *BURN OUT* is the reminder to _____!

Let's look at two major actions to take when feeling burned out.

- I) Learn from others _____.
 - a) Don't _____ Yourself

“And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and **left his servant there**. But he himself **went a day's journey into the wilderness**, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers. (1 Kings 19:3-4)

- b) Be careful about _____.

But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for **I am not better than my fathers**.

- c) Avoid _____.

But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, **It is enough; now, O LORD, take away my life**; for I am not better than my fathers. (1 Kings 19:4)

- d) Don't let yourself get physically _____.

“And Ahab told Jezebel **all that Elijah had done**, and withal how **he had slain all the prophets** with the sword (1 Kings 19:1)

II) Be _____ in Your Recovery.

a) Address your _____ needs first.

“And as he **lay** and **slept** under a juniper tree, behold, then an angel touched him, and said unto him, Arise and **eat**. (1 Kings 19:5)

b) Spend time in _____.

“And he came thither unto a cave, and lodged there; and, behold, the **word of the LORD** came to him...” (1 Kings 19:9)

c) View your circumstances from God’s _____.

And **he said**, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and **they seek my life**, to take it away. And **he said**, Go forth, and stand upon the mount before the Lord. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: And after the earthquake a fire, but the LORD was not in the fire: and after the fire a **still small voice**.” (1 Kings 19:10-12)

d) Find out what _____ wants you to do.

“And **the LORD said** unto him, Go, **return** on thy way to the wilderness of Damascus: and when thou comest, **anoint Hazael** to be king over Syria: and **Jehu** the son of Nimshi shalt thou anoint to be king over Israel: and **Elisha** the son of Shaphat of Abelmeholah shalt thou anoint to be prophet in thy room. (1 Kings 19:15-16)

Conclusion:

The Solution to Burn Out is found by _____ in Jesus.

I am NOT ok!:

How to Deal with How You Feel

May 2 @ 11 a.m.

Join us next week as we continue this new preaching series with the message *Guilty: Dealing with Feeling Ashamed!*

We all have felt ashamed for something we have done in our past. Next week, we will learn how to deal with feeling ashamed and discover the grace that God has toward us.

