

Burnout and Depression

1 Kings 19:1-4

Elijah Flees Jezebel

19 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. ² Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." ³ Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

⁴ But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers."

Reasons some Christians don't acknowledge burnout and depression.

- Believing the cultural myth that "godly people do not get depressed."
- Understanding our own vulnerability

Ways God helps amid depression and burnout.

- God provides food and rest.
- God listens.