**BOUNCE BACK FROM BURNOUT**

***Bounce Back Faith - Part 5***

1 Kings 19:1-16

With today's high-stress lifestyle, it's easy to run out of emotional energy. But we can recover from "burnout."

"Elijah was a person just like us. . ." *James 5:17*

**1. THE WARNING SIGNS OF BURNOUT**

**a. We depreciate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

"Elijah came to a broom tree, sat down under it, and prayed . . . `Take my life. I'm no better than my ancestors." *vs. 4*

**b. We underrate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*"*I have worked very hard for the Lord of the heavens; but the people of Israel have broken their covenant with You and have torn down Your altars. . ." *vs. 10 (LB)*

**c. We exaggerate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

"I am the only one left -- and they are trying to

kill me!" *vs 10*

**d. We abdicate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

"He prayed that he might die. `I have had enough, Lord!' he said." *vs. 4*

**2. WORKING THROUGH YOUR BURNOUT**

**a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your body.**

"He laid down. . . and fell asleep . . . Then the angel said, `Get

up and eat.' . . . He ate and drank and then laid down again. . .

Then the angel said `Get up and eat (again) for the journey is

too much for you." *vs. 5-8*

**b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your frustrations.**

"There he went into a cave and spent the night. (God said)

`What are you doing here, Elijah?' He replied, `I've been very

zealous for the Lord, (but) . . . " *vs. 9-10a*

"Cast all your cares on Him, because He cares for you."

*1 Peter 5:7*

**c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on God.**

"Go out and stand before Me on the mountain,' the Lord

told him." *vs. 11*

"Reverence for God gives a man deep strength." *Pr. 14:16 (LB)*

**d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ serving others.**

"Go back the way you came. . . to the desert of Damascus.

When you get there, anoint Hazael. . . and Jehu. . . Elisha . . . " *vs. 15-16*

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KX – Knox Translation GN – Good News Translation TCNT – 20th Century New Testament

TNIV – The New Int. Ver. MS – The Message CEV – Contemp English Version

JB – Jerusalem Bible GW – God’s Word Translation Sprl – Sproul

NCV – New Century Ver. ESV – English Standard Version TEV – Today’s English Version

Mof – Moffatts Translation LB – Living Bible NEB – New English Bible

KJV – King James Version ABUV – Broadus Translation NIV – New International Version

PH – Philips Translation BER – Berkley Version RSV – Revised Standard Version