

MARINERS CHURCH



Beating Burnout with Hope
February 23-24, 2019

Burnout comes from putting hope in things that can't give it.

"For my people have done two evil things: They have abandoned me—the fountain of living water. And they have dug for themselves cracked cisterns that can hold no water at all. Jeremiah 2:13 (NLT2)

Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to Me, and eat what is good, and your soul will delight in the richest of fare. Isaiah 55:2

A new life means a new way of finding HOPE.

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 2 Corinthians 5:17

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. Colossians 3:1-3

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and Psalm 42:5

How can I have hope when death comes to someone I love?

Good people pass away; the godly often die before their time. No one seems to understand that God is protecting them from the evil to come. Isaiah 57:1



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How can I not burn out when problems happen?

Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. James 1:2-4 (NLT2)

How can I keep hope when things I have keep breaking and falling apart?

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal." -Jesus, Matthew 6:19

Talk it Over

Talk about a time when you felt close to (or actually were) burn out.

How did you feel?

What gets you out of it?

Look up and read Jeremiah 2:13. Talk about what this means and maybe share some examples of this happening every day or even from your own life.

If it doesn't work, why do people keep doing it?

Look up and read Jesus' words in Matthew 6:25-33. How could this give you hope?

Share with your group (on a scale of 1-10): How strong is your faith right now? How come?

For more information about the persecuted church in Iran, visit <https://www.opendoorsusa.org/christian-persecution/world-watch-list/iran/>