Silver Creek Fellowship
NOTES

September 30, 2018

Patience, Persistence and Peace of Mind

HOW TO PREVENT BURNOUT

1 Kings 19:1-16

Burnout - *"A state of emotional frustration brought about by a devotion to a cause, a lifestyle or a relationship that failed to produce the expected reward."*

THE CONSEQUENCES OF BURNOUT:

1. We _____our _____

1 Kings 19:3 So Elijah went on alone into the wilderness, traveling all day, and sat down under a broom bush and prayed that he might die. "I've had enough," he told the Lord. "Take away my life. I've got to die sometime, and it might as well be now."

2. We _____our _____

1 Kings 19:10 *"I have worked very hard for the Lord God of heavens, but the people of Israel have broken their covenants with You and have torn down Your altars."*

☑ You are _____ for everything

3. We _____our _____

1 Kings 19:10 *"I am the only one left and they are trying to kill me too!"*

John 8:32 "You will know the truth and the truth will set you free".

4. We _____our _____

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THE CURE FOR BURNOUT

1. _____ your body.

1 Kings 19:5-8 *"He laid down. He fell asleep. Then the angel said, `Get up and eat.' He ate and he drank and then laid down again. Then the angel said, `Get up and eat again for the journey is too much for you.'"*

Psalm 127:2 *"God wants His loved ones to get their proper rest."* (LB)

2_____ your frustrations

1 Kings 19:9-10 *"Then 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 ..."*

1 Peter 5:7 *"Cast all your cares on Him, because He cares for you."*

3. _____ on God.

1 Kings 19:11 *"`Go out and stand before Me on the mountain,' the Lord told him."*

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

4. _____ serving others.

1 Kings 19:15-16 "Go back the way you came to the desert of Damascus. When you get there anoint Hazael and Jehu and Elisha."