



# Overcoming Burnout

## **OBJECTIVE**

There are godly ways of dealing with burnout. In this training, we will look at the biblical example of Elijah to overcome burnout. When it feels better to isolate, the Bible teaches us a better way. This training highlights the importance of recognizing the signs of burnout, seeking God's intervention, and taking practical steps of faith. By the end of this training, you'll be empowered to break free from burnout and experience renewed strength and purpose.

## **OVERVIEW**

- The challenge of overcoming burnout
- How to overcoming burnout, using the example of Elijah
  - Elijah's crisis
  - God's intervention
  - Faith to move forward
- Meet God with renewed strength

## **VERSES REFERENCED**

Hebrews 11

John 6

1 Kings 19

Isaiah 29:6

### **QUESTIONS FOR FURTHER STUDY**

1. Does your current situation match up to Elijah?
2. When things get difficult, do you isolate yourself? If so, can you parter with the Holy Spirit and community more?
3. How can you apply the principles of faith, community, and obedience to your current situation?

### **SCRIPTURE FOR FURTHER STUDY**

Matthew 11:28-30

2 Corinthians 12:9-10