

**Series: Peace of Mind
“From Burnout to Blessing”
Matthew 11:28 - 30**

Big Idea – Jesus invites us to find rest for our souls.

If you’ve ever felt like you’re about - To crumble -To break – You’re Not alone.
A 2021 survey of US workers found that

Over 50% of workers feel burned out as a result of their job demands.
(Just job burnout)

Everywhere turn—People feel overwhelmed, stressed, on the edge of burnout.

Burnout—Isn’t just result working long hours. Rather a Combination of
Mental—Emotional—Physical exhaustion from multiple sources.

Burnout generally reflects inability to balance competing demands.
Social press. Financial press. Kids act. Aging parents.
Health. Stressful work environment. Guilt, Regrets

Now if you Break arm – get a Cast – it’s Cool ! 😊
But if you Break down mentally – not cool. Huge Stigma involved with that!

Can’t handle another thing—Christian—Just Stressed—Pray about it!
Take it to God – you feel like it’s about to take you to God cause you’re ready to die!
Good news – there’s a Better way – feeling blessed instead of burned out!

Difference Between Stress and Burnout (both)

- **Stress is generally short-lived and related to a temporary project or event.** (Presentation, test, problem, new job, move)
- **Burnout is chronic stress that feels never-ending.**

No relief—No end in sight
Feeling like I don’t care, don’t have any energy left - Dead inside - Hopeless.

Elijah the prophet of God a classic example

Stress. Anxiety. Depress. Exhaust. Burnout.

Elijah—Close 2 God—Confront Evil King Ahab—Sinfulness.

Drought—3 years—No rain—King Ahab hunted Elijah!

God provided—Bread/Meat from Ravens—Raised dead.

Stood down 850 false prophets—Fire heaven!

King Ahab's Wife—Jezebel—Mad—Tomorrow—Dead

Elijah experienced nonstop—Protection from God

Provision—Presence—Power God!—850 men!

One irritated woman made threat—Falls apart!—Get it!

No evidence Jezebel sent army, mercenaries, ninjas—Fear.

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. 1 Kings 19:3-5

Body respond → Stress?—Burnout? (Manifests 3)

Physical—Easily fatigued. Low energy. Difficult sleep. Headaches. Body. Muscle pain. Cope → Change eating habits. Abuse alcohol. Prescription pain meds. Drugs.

Mental—Ongoing stress impacts brain—Enlarges amygdala.
Fight/Flight → Afraid. Desperate. Weakens pre-frontal cortex. Part brain decisions → Indecisive. Loss memory. Difficult to focus.

Emotional—Loss motivation. Chronic feeling of self-doubt. Failure. Alone. Generally miserable → Job. Marriage. Life. Cynical. Bitter. Disconnected from God. Blaming God.

We often make the same common mistakes Elijah did:

1. Run ourselves into the ground.

³"Elijah was afraid and ran for his life..." 1 Kings 19:3

Run to? Beersheba—Couldn't run farther—100 miles—S limit (Map)

2. Try to do it all on our own.

"When he came to Beersheba in Judah, he left his servant there." 1 Kings 19:3

3. Dwell on the negative.

(Had enough—Feels like failed)

"Take my life; I am no better than my ancestors." 1 Kings 19:4

You feel like, "I've had enough – it's not worth it anymore."

In Elijah's darkest moment—God came to him—Coming to you.

"All at once an angel touched him and said ..." 1 Kings 19:5

Angel didn't say—Loser—Under bush? Scared Jezzy? Pray. Sin.

"...Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again." 1 Kings 19:5-6

Get up. Eat! Take care—After Elijah—Another nap.

Sometimes most spiritual thing we can do is Rest.

Eat a donut—Take a nap—Protein bar—Gluten free—Non GMO

Matcha Green Tea—Avocado toast!

False Guilt—Do more—Don't let your mind bully your body.

Some of you—Just need a break! Rest! Day off. Week off. Still.

Some of you need rest—Some of you need more!

If you're not just tired— but Depleted) need more than a nap

(Depleted need to refill)

Work w/ your mind □ Disengage mind—Engage body.

Work with body □ Rest body—Engage mind. (Beach/Read)

What do you need? Different Rhythms. Pace. Rest. Refill. Community.

What else do we need? (God, rhymes odd)—G—Encounter presence God!
After long journey to Mt Horeb—The Lord said to Elijah... (Keys)

Learn to listen for the “whisper of God”

The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. 12 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.” 1 Kings 19:11-12

Wind—Lord not in the wind.

Earthquake—Lord not in earthquake.

Fire—Lord not in the fire.

Earth, Wind & Fire—God's not in any of it.

God wasn't in the extraordinary! In ordinary!

God-was-in-the-whisper.

“Be still and know that I am God.”

Speaks to you in ordinary moments—Early in quiet of morning.
Folding laundry, changing diapers, loving difficult person at work.

Overwhelmed by stress—Overcome by anxiety—Edge burnout

Why does God's voice seem so quiet?
Why does he whisper?—Whispers because—Always close.

Elijah was in the cave—Whisper drew him out!

Brokenhearted? Close to the brokenhearted!
Overwhelmed? Saves those who are crushed!
Feel hurt—You're not helpless.
Feel discouraged—You aren't w/out hope.
Weak—X makes you strong.
Feel alone—Not abandoned! Never leave you.

Accept the invitation of Jesus Christ in Matthew 11:28 – 30 MSG

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.” Matt 11:28-30 MSG (Busy, never rushed)

Depressed—Crushed by anxiety—Sinking in negativity.
Been hurt, betrayed, abused, experienced heartbreaking trauma.

Start the Wisdom for Mental Health Bible Plan using Plans With Friends:
www.go2.lc/mentalhealthplan