



DIDN'T SEE IT COMING

Part Five: Burnout

Burnout seems to almost be an epidemic these days. And a surprising number of people who perhaps haven't fully burned out still test positive for the signs of burnout. We'll look at what causes burnout, how to know you're in it and how to get back. Plus we'll touch on suicide and why the voices you may be hearing are lying.

Scripture: 1 Kings 19:1-9 NLT

Bottom Line: Live in a way today that will help you thrive tomorrow.

Discussion Questions

1. Have you ever been in a period of burnout, or been close to someone who has? What was it like?
2. Why do you think burnout is such a common experience for so many people today?
3. Are there elements of Elijah's story in 1 Kings 19:1-9 that you can identify with? Why?
4. If you were counselling someone who is burned out or contemplating suicide, what would you say to them?
5. What patterns in your life would you say are currently either unsustainable or not life-giving?
6. What changes do you need to you make to start living in a way today that will help you thrive tomorrow?

Moving Forward

Take this simple burnout quiz [here](#). This is NOT a medical test. If you're showing signs of burnout, please see a doctor and a trained Christian counselor.

Regardless of your current state, it's critical to craft a new normal that will help you thrive.

Decide on at least one change you can make in your life this week that will help you live in a way today that will help you thrive tomorrow. Once you've had success with that, continue making changes until you find yourself in a sustainable space of thriving!

Changing Your Mind

So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. 1 Kings 19:8 NLT