

Peace of Mind Beating Burnout



Key Scriptures

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. All at once an angel touched him and said, "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 19:3-6 NIV

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. 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 NIV

"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." Matthew 11:28-30 MSG

Start talking.

- How do you respond to fight-or-flight situations?

Start thinking.

- Which part of this message was most impactful for you and why?
- When you're stressed or close to burnout, are you most likely to run yourself into the ground, try to do it all on your own, or dwell on the negative? How could you change the way you respond to stress?
- Read **1 Kings 19:11-12**. Where do you find God's presence? What does it look like to see Him in the ordinary moments?

Start sharing.

- Talk about a time when you experienced burnout in any area of your life. What was that like, and how did you find relief and hope?
- Is there currently an area in your life where you feel close to burnout? How are you processing it, and what changes could you make to rest this week?

Start praying. Be bold and pray with power.

Father, we're tired and worn out. So we come to You, trusting and believing that You will show up in the ordinary moments to help us find relief from stress. Please show us how we can live freely and lightly in Your presence. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Try a new hobby or habit to find rest. If you already have go-to ways of finding rest, keep doing those things. Then, talk about these restful habits with your friend or group.
- Do you practice the Sabbath? Maybe order *The Rest of God*

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- Find more mental health resources: www.life.church/mentalhealth
- Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan