

“Burn-out”
Ecclesiastes 1:2-11
New Hope Community Church
January 21st, 2018

1. **Burn-out’s question** — (3)
 - “**What’s the use?**”
 - The question follows the **premise** (2)
‘Vapor, vapor, all is vapor’
2. **Burn-out’s frustration** — (4-7)
 - * These four statements reveal something inside Solomon!
 - **Endless cycles reduce my sense of significance**
 - (1) The cycle of humanity: people live, people **die** (4)
 - (2) The cycle of the sun: time does not **wait** (5)
 - (3) The cycle of wind: energy expended with no **progress** (6)
 - (4) The cycle of water: continually filling but never **full** (7)
 - My human **mortality** makes me long for more
3. **Burn-out’s trademark** — (8)
 - Weariness of spirit**
 - What we speak brings no lasting **relief** (8b)
 - What we see brings no lasting **satisfaction** (8c)
 - What we hear brings no lasting **deliverance** (8d)
4. **Burn-out’s shackles** — (9-11)
 - The search for significance is overshadowed by **repetition** (9,10)
 - The search for significance is crippled by **forgetfulness** (11)

Reflection

- Summary of Solomon’s opening thoughts —
Opening question: *What’s the use?*
 - (1) I’m insignificant; I’m just going to die
 - (2) My soul is exhausted and weary with no relief
 - (3) All that I do seems meaningless and will be forgotten
- Keys to overcoming a spirit of burnout: Remember —
 - (1) I am significant to **God**.
 - (2) What I do **matters** to Him.
 - (3) **Heaven** awaits me.

Life Group Meeting
Ecclesiastes 1:2-11

QUESTIONS

1. Read Ecclesiastes 1:2-11
2. Solomon’s writings in this passage could easily represent the feelings of someone who has truly come to a place of ‘burn-out’ in their soul. Why is feeling burned-out in your inner soul so very difficult to overcome?
3. Have you ever experienced burn out in your inner soul, and if so, would you be willing to describe to your Life Group what that was like? How did you overcome it?
4. It seems as though the endless cycles of creation in verses 4-7 can contribute to our sense of feeling insignificant when experiencing burn-out. How important is the feeling of significance to a burned-out person’s recovery?
5. How can these three statements help a person overcome a deep, inner burn-out that they are going through?
 - I am significant to God
 - What I do matters to Him
 - Heaven awaits me
6. The assurance of our deliverance from a purposeless life comes from the fact that Jesus took our failures on Himself and paid for them on the cross. His presence in heaven assures us of hope. Discuss how this can truly be an anchor to our soul, as we read in Hebrews 6:17-20 —
“We who have taken refuge (in Jesus) have strong encouragement to take hold of the hope set before us. This hope we have as an anchor of the soul, a {hope} both sure and steadfast and one which enters within the veil, where Jesus has entered as a forerunner for us.”