

Message Notes for July 12, 2020

Message Title: What's involved to avoid burnout and be emotionally balanced?

What causes emotional burnout?

Elijah was afraid and ran for his life.

I Kings 19:3a NIV

"I have had enough, Lord," he said.

I Kings 19:4c NIV

"Take my life; I am no better than my ancestors."

I Kings 19:4d NIV

ourselves to others.

Lord God Almighty, I have always served you—you alone. But the people of Israel have broken their covenant with you,

I Kings 19:10 TEV

I am the only one left—

Kings 19:10c TEV

and they are trying to kill me!

I Kings 19:10d TEV

For as he thinks in his heart, so is he.

Proverbs 23:7 NKJV

Mistake: When we focus on our feelings rather than facts

He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: “Enough of this, God! Take my life—

I Kings 19:4b MES

Emotional _____

Feelings are not always _____.

Exhausted, he fell asleep under the lone broom bush.

I Kings 19:5 MES

Suddenly an angel touched him and said to him, “Get up and eat.”

I Kings 19:5b NRSV