Making the Right Choices:
January – “Choose His Way”

The Prescription for Burnout
Text: I Kings 19.1-13

Introduction:

I. James 5.17 – Elijah, a man like us.

II. The causes of “Burnout”:

A. When we come down for the mountain.

B. When we are afraid.

C. _______________: I Kings 19.4
   1. “________ mauls its way inside our minds like a beast and claws us to shreds” Charles Swindoll

   2. Proverbs 28:13

III. Burnout is reversible and God gives us a prescription on how to fix it.

Body:

I. ________ - I Kings 19.5-8

   A. Psalm 139.7-10

   B. Hebrews 4.13

   C. I John 3.20

II. __________ – I Kings 19.8-13

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A. Mount______ is ___ miles away

B. Exodus 3.1

C. God said “_____ out of that
_____and ___________ Me”

D. Zechariah 4.6

III. ___________ - I Kings 19.14-18

A. This gave him a _____ ______.

B. Removed his focus off ______.

C. we are part of a ______

IV. ___________ - I Kings 19.19-20

A. His new companion - ______

B. Hebrews 10.25

Conclusion

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