

Burnout

Out of the Cave – Part 6

May 12, 2024

Discussion Questions:

1. Have you experienced burnout in the past or currently in the middle of it? Which signs and symptoms typically appear or begin to appear if you're heading in that direction? (Physical, Emotional, Behavioral, Job/School Related)
2. Read Exodus 18:14-18. Do you often try to live life beyond your human limitations by trying to make it all happen on your own? If so, what are some examples from your life?
3. Look at some of the causes of burnout and the solutions to help you get out of that place mentally. Which cause do you struggle with the most?

Cause: Believing the lie that you can be totally independent and self-reliant.

Solution: Accept that you can't do it all on your own and that you need God

Cause: A lack of self-care

Solution: Put your own mask on first

Cause: Saying "yes" to too many things

Solution: Say "no" to what's good so you can say "yes" to what's most important

Cause: Living life in isolation more often than not

Solution: Find community

4. At the core, burnout is a spiritual and soul-level issue. Read Exodus 20:8-11, Mark 6:30-31, and Matthew 11:28-31. In order to replace or prevent burnout for God's peace, which solution above do you need to implement? What significant changes are you going to have to make?