

# Burnout

## Out of the Cave - Part 6

### May 12, 2024

[thebayouchurch.com/resources](http://thebayouchurch.com/resources)

Burnout is a state of emotional, physical, social, and spiritual exhaustion.

31% of teens feel overwhelmed. (APA)

### Signs you're battling burnout:

- **Physical symptoms:** Headaches, stomachaches, fatigue, back aches, frequent illness, muscle tension, inability to sleep, elevated blood pressure, overly thirsty, blurred vision
- **Emotional symptoms:** Helplessness, cynicism, sense of failure or self-doubt, decreased satisfaction, feeling detached or alone in the world, anxiety, panic attacks, depression
- **Behavioral signs:** Reduced performance in everyday tasks, withdrawal or isolation, procrastination, outbursts, using substances to cope, increased risky behavior
- **Job/School-related symptoms:** Questioning the value of your work/school, having trouble getting started, feeling removed from your work/school and the people there, losing patience with co-workers, customers, classmates, teachers, lacking energy to do your work well, difficulty focusing, feeling little satisfaction when you get work done, feeling let down by your job/school

66% of people who responded to our informal survey indicated that they battled burnout in the last 12 months.

Many people in the Bible struggled with burnout: David, Job, Moses, Elijah, Naomi, Paul and others

*<sup>11</sup>"Go out and stand before me on the mountain," the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup>And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. 1 Kings 19:11-12 (NLT)*

*<sup>14</sup>When Moses' father-in-law saw all that Moses was doing for the people, he asked, "What are you really accomplishing here? Why are you trying to do all this alone while everyone stands around you from morning till evening?" ... <sup>17</sup>"This is not good!" Moses' father-in-law exclaimed. <sup>18</sup>"You're going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself." Exodus 18:14, 17-18 (NLT)*

If you're battling burnout, you're not alone and there is help!

To replace your burnout with God's peace, you're going to have to make some significant changes.

## Causes and solutions for burnout:

- **Cause: Burnout comes from 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**

<sup>8</sup>"Remember to observe the Sabbath day by keeping it holy. <sup>9</sup>You have six days each week for your ordinary work, <sup>10</sup>but the seventh day is a Sabbath day of rest dedicated to the Lord your God. ... <sup>11</sup>For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy." Exodus 20:8-11 (NLT)

- **Cause: A lack of self-care**
- **Solution: Put your own mask on first**

<sup>30</sup>The apostles returned to Jesus from their ministry tour and told Him all they had done and taught. <sup>31</sup>Then Jesus said, "Let's go off by ourselves to a quiet place and **rest awhile.**" He said this because there were so many people coming and going that Jesus and His apostles didn't even have time to eat. Mark 6:30-31 (NLT)

- **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: Burnout is compounded by isolation**
- **Solution: Find community**

**At its core burnout is a spiritual and soul-level issue.**

<sup>28</sup>Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find **rest for your souls.** <sup>30</sup>For my yoke is easy to bear, and the burden I give you is light." Matthew 11:28-30 (NLT)

- **Slow down**
- **Surrender your **life**, your **responsibilities** and even your **schedule** to God**
- **Ask for help**

<sup>6</sup>So humble yourselves under the mighty power of God, and at the right time He will lift you up in honor. <sup>7</sup>Give all your worries and cares to God, for He cares about you. 1 Peter 5:6-7 (NLT)

**Helpful resource: When Work and Family Collide: Keeping Your Job from Cheating Your Family by Andy Stanley**