

Study QUESTIONS

Ep. 1116: How Do I Avoid Burnout? (Part 1)

<https://christianquestions.com/character/1116-burnout/>

See:  CQ Rewind
SHOW NOTES

1. What are three types of burnout? What are some consequences that can result from them?
2. What are some signs that can help us identify when we are experiencing burnout? What symptoms can arise in our work and personal lives?
3. How can resilience help us combat our experience with burnout? (See James 5:10-11)
4. What did Job stand for? How is his character described in the Bible? What do you stand for? What are your core values? (See Job 1:1-3)
5. How did Job respond to the calamity that Satan caused in his life? How do you respond when you go through difficult and trying experiences? (See Job 1:20-22, Joshua 1:9)
6. How did Job view his own traumas? How did he view God's attentiveness and perspective in relation to his traumas? (See Job 6:2-5, 9:22-23, 29-31, 21:4, 7-14, 18)
7. What is your view of your burnout experiences? How do you view God's perspective and attentiveness to them? (See 1 Corinthians 10:13, Hebrews 12:7, 11)
8. How did God answer Job's complaints? How did Job react? What can we learn from each response? (See Job 38:1-5, 40:1-5)
9. When we wander away from our pathway to God and we start to experience a burnout situation, what can we do to get back on the right track? (See Matthew 6:8, Colossians 3:23-24, Romans 5:3-5, Job 42:1-9)
10. Have you experienced burnout in your life? Are you experiencing it right now? What did/will you do to beat it and get your life back on the right path?