

Study QUESTIONS

Ep. 1117: How Do I Avoid Burnout? (Part II)

<https://christianquestions.com/character/1117-burnout-2/>

See:  CQ Rewind
SHOW NOTES

1. What events led to Elijah and Moses' burnout experiences? What can lead to our experiences with burnout? (See Exodus 18:14-16, 1 Kings 17:8-24, 18:17-40, 19:3-5)
2. What helped Elijah and Moses reset themselves? What can we do to reset ourselves while burned out? (See 1 Kings 19:5-6, Exodus 18:17-20, Psalms 61:1-2)
3. What did Elijah and Moses do to distance themselves from others? How can we distance ourselves from those around us? (See 1 Kings 19:7, Numbers 11:10-12)
4. What help did they receive to face their trials? What help can we receive from others? (See 1 Kings 19:7-8, Exodus 18:21-22, 1 Corinthians 15:58)
5. How did Elijah and Moses react after reaching their breaking point? How might we react when faced with a similar situation? (See 1 Kings 19:9-10, Numbers 11:13-14)
6. How did they overcome their experiences? What must we do to get through our burnout struggles? (See Exodus 18:23-24, 1 Kings 19:11-12, Psalms 37:5-6, Galatians 6:9-10)
7. How did feelings of isolation affect Elijah and Moses? How can they affect us when we are burned out? (See 1 Kings 19:12-14, Numbers 11:15)
8. What were God's responses to Elijah and Moses' situations? What can we learn from them to apply to our lives? (See 1 Kings 19:15-16, 18, Numbers 11:16-17, Isaiah 30:21)
9. How did burnout corrupt Elijah and Moses' viewpoints of their situations? How can spiritual burnout affect us? (See 1 Kings 17:1, Numbers 11:21-22)
10. How did they finally overcome their experiences with burnout? What can we do to overcome ours? (See 1 Kings 19:19-21, Numbers 11:23, Isaiah 40:31)