

SERIES: CHRISTIANS AT WORK

#1759: *Burning Bright Without Burning Out.*

How do I handle burnout at work?

5/5/2024 Pastor Tony

NIV=New International Version, NLT=New Living Translation, ESV=English Standard.

But the needy will not always be forgotten, nor the hope of the afflicted ever perish. — Psalm 9:18 (NIV)

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth! — Psalm 46:10 (ESV)

The Story of Elijah's Burnout: 1 Kings 19

2 Mistakes That Lead to Burnout

1. We Exaggerate our CIRCUMSTANCES.

Anoint ELISHA son of Shaphat from Abel-meholah to replace you as MY PROPHET. — 1 Kings 19:16 (NLT)

Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him! — 1 Kings 19:18 (NLT)

2. We Exaggerate our CONTRIBUTIONS.

I have ZEALOUSLY served the LORD God Almighty. — 1 Kings 19:10 (NLT)

To Get Back “On Track ...

1. Go Back to the BEGINNING.

2 Things To Remember

- **Remember what you've been saved FROM.**

- **Remember what you have been saved FOR.**