

SERIES: *ROOTS: Facing Times Of Drought*

## **“Facing Burnout?”**

*Jeremiah 17:7-8 (NLT), Numbers 11:14-17*

Tony Toth, Feb 10, 2019

### **I. FACING BURNOUT**

#### **A. Feels Like A Drought Of The SOUL**

#### **B. About EXPECTATIONS and REWARDS**

### **II. MOSES FACING BURNOUT**

#### **A. The BURDEN Is Too Heavy**

**Verse 14-15** *“I am not able to carry all this people alone; the burden is too heavy for me. If you will treat me like this, kill me at once.”*

#### **B. Complaining ABOUT GOD Or TO GOD**

**Ephesians 6:18** *“praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,”*

#### **C. Sharing The LOAD**

**Matthew 11:28** *Jesus says, “Come to me, all who labor and are heavy laden, and I will give you rest.”*

**Verse 17,** *“And I will come down and talk with you there... they shall bear the burden of the people with you, so that you may not bear it yourself alone.”*

**Exodus 18:23** *“If you do this, God will direct you, you will be able to endure,”*

### **III. FAITH DURING TIMES OF BURNOUT**

#### **A. TRUST In The Lord**

**Jeremiah 17:7** *“But blessed are those who trust in the Lord and have made the Lord their hope and confidence.”*

#### **B. Be TEACHABLE**

**Ephesians 4:15** *“we are to grow up in every way into him who is the head, into Christ,”*

**Proverbs 3:5** *“Trust in the Lord with all your heart, and do not lean on your own understanding.”*

#### **C. Find Your CALLING**

**Jeremiah 29:11** *“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”*

**Proverbs 3:6** *“In all your ways acknowledge him, and he will make straight your paths.”*

#### **THE NEXT FAITHFUL STEP**

- 1. When Have You Felt Burnout?** Discuss with your family and friends this week what have been the causes of burnout for you? What has made you feel empty and dry spiritually?
- 2. Growing Deep Roots.** Deep roots of faith will help us during times of drought caused by burnout. Trusting in Jesus, learning from your experiences, and pursuing God’s calling on your life will provide the hope and confidence you are looking for.