

Wednesday

Read Luke 5:16. If Jesus had to withdraw to lonely places to pray, just as God asked Elijah to do, you need to take time to “reconnect” too! Yet we often resist this. Read Isaiah 28:12. Why would people resist a call to rest? Why do you?

Take some time today to shut out as many distractions as you can, and spend as much time as you can — a half hour or more — in quiet prayer. Just read a Bible passage, and then listen to God! Like Elijah, be honest — and make sure you listen for that quiet voice of God, too!

Thursday

Read 1 Kings 19:18. What does God tell Elijah? Why is this encouraging?

Do you ever think you have to do everything for God yourself, and you're all alone as a believer at work or school or in your extended family?

Read Exodus 18:13–23. Sometimes the answer to fatigue is reorganization! What was Moses' problem in these verses?

What good advice does he get?

How did God tell Elijah to reorganize in the passage we studied last weekend?

Ask God to show you if and how you need to “clean up” or reorganize. Ask God to show you the some of the “reinforcements”!

Friday

Read Isaiah 26:3. In this verse, what is a key to peace? How can you “fix your thoughts” on God?

Read Psalm 8. Spend time fixing your thoughts on God, praising Him today, and let His peace wash over you. Tell Him your worries and then release them to His care.

Saturday

Spend time relaxing today. Sing a worship song. Tell God how much you love Him. Look back over the devotions for this past week, and pray for the message this weekend.



Filling Your Empty Tank

MAY 19 & 20, 2012 • RENÉ SCHLAEFFER
1 KINGS 19:1–16

Elijah was afraid and fled for his life. He went to **Beersheba**, a town in Judah, and he **left his servant** there. Then he went on **alone** into the **wilderness**, traveling all day. He sat down under a **solitary broom tree** and prayed that he might die. *1 Kings 19:3 NLT*

Signs you're running on fumes:

(Adapted from “Avoiding Personal Burnout” by Rick Warren)

- 1. I depreciate my _____**
“I have had enough, Lord,” he said. “Take my life, **for I am no better than my ancestors** who have already died.” *1 Kings 19:4 NLT*
Cause: _____
- 2. I underrate my _____**
Elijah replied, “I have **zealously** served the LORD God Almighty. But the people of Israel have broken their covenant with you, **torn down your altars, and killed every one of your prophets...**” *1 Kings 19:10a*
Cause: _____
- 3. I exaggerate my _____**
“I'm the **only one left** and they're trying to kill me.” *1 Kings 19:10b*
Cause: _____
- 4. I abdicate my _____**
He prayed that he might die. “I have had enough, Lord,” he said. “**Take my life...**” *1 Kings 19:4a*
Cause: _____

4 ways to refuel

1. _____

Then he **lay down and slept** under the broom tree. But as he was sleeping, an angel touched him and told him, “**Get up and eat!**” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the Lord came again and touched him and said, “**Get up and eat some more!**” *1 Kings 19:5–7 NLT*

God wants his loved ones to get their proper **rest**. *Psalms 127:2 LB*

2. _____

There he came to a cave, where he spent the night. But the Lord said to him, “What are you doing here, Elijah?” Elijah replied, “I have zealously served the Lord God Almighty. But . . .” *1 Kings 19:9–10 NLT*

Elijah begins a detailed list of his complaints — a list he repeats verbatim in verses 10 and 14.

Cast all your cares on Him, because He cares for you. *1 Peter 5:7 LB*

3. _____

“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. 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**. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. *1 Kings 19:11–13*

The root of all burnout: _____

Reverence for God gives a man deep strength. *Proverbs 14:26a LB*

4. _____

“Go back the way you came to the desert of Damascus. When you get there, anoint Hazael . . . and Jehu . . . and Elisha.” *1 Kings 19:15,16*

Note the 4 dimensions of recovery:

- _____
- _____
- _____
- _____

Resources

How to Beat Burnout Minirth, Hawkins, Meier, and Flournoy

The Stress Factor Paul Meier and Frank Minirth

Margin Dr. Richard Swenson

Avoiding Personal Burnout (Saddleback Resources) Rick Warren

Daily Meditations

Monday

Read Psalm 55:1–7. In this psalm, David displays some of the symptoms of burnout below:

A Burnout Checklist

In the book *The Stress Factor*, doctors at the Minirth-Meier Clinic list these signs of stress-related burnout. Check any that apply to you:

- | | |
|---|--|
| <input type="checkbox"/> Emotional exhaustion | <input type="checkbox"/> Increased impatience & irritability |
| <input type="checkbox"/> Reduced accomplishment | <input type="checkbox"/> Feelings of being unappreciated |
| <input type="checkbox"/> Boredom and cynicism | <input type="checkbox"/> Irreplaceability: “Nobody else can do this job” |
| <input type="checkbox"/> Paranoia | <input type="checkbox"/> Defeatism (a feeling of being “beaten”) |
| <input type="checkbox"/> Disorientation | <input type="checkbox"/> Demoralization (feeling you’re no longer effective) |
| <input type="checkbox"/> Increased physical aches | <input type="checkbox"/> Detachment (withdrawing from responsibilities and people) |

Do you feel you’re currently in danger of burnout?

Burnout is nothing new! As you saw this weekend, Elijah experienced it too. What point particularly hit home for you this weekend?

What proactive step will you take this weekend to help prevent burnout — or recover from burnout — in your life?

Read Psalm 23. Make it your prayer to God today!

Tuesday

Read 1 Kings 19:3–7. In Elijah’s most discouraged moment, what did he need most? What did God do for him?

Note that God takes him on a journey to a far-off place where he can get even more rest and reconnect with God. Read Isaiah 30:15. Take time right now for a “mini-vacation”: Close your eyes, and tell your eye muscles to relax. Let your shoulders drop. Let your jaw relax. Find time at least twice a day to rest a while!

Spend time with God today simply thanking Him for His rest.



[Jesus:] “Come to me, all you who are weary and burdened, and I will give you rest.”
Matthew 11:28