

NOTES

Bios

Message Four | Overcoming Burnout and Depression

1 Kings 19:1, 1 Kings 19:2, 1 Kings 19:3, 1 Kings 19:4 (GNT)

Depression is a medical condition that causes a persistent feeling of sadness and loss of interest.

Why People Burnout and How We Can Overcome It:

1. We overdo it

2. We isolate

1 Kings 19:3

3. We sink into negativity and a dark place

1 Kings 19:4

God’s Prescription for Overcoming Burnout:

1. Eat, rest, hydrate, and accept help

1 Kings 19:5-6, 1 Kings 19:7-8 _____

2. Replace lies with God’s truth

1 Kings 19:9-10, 1 Kings 19:10 _____

3. Keep moving forward

1 Kings 19:15-16 _____

What is God speaking to me today? _____

