

# From Baal to Burnout

Navigating the Ups & Downs of Life, part 6  
Pastor Bob Johnson, August 30th, 2020

*Elijah was as human as we are, and yet when he prayed earnestly that no rain would fall, none fell for three and a half years! James 5:17 (NLT)*

*When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. 2 So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." 3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 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. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died." 5 Then he lay down and slept under the broom tree. 1 Kings 19:1-5a (NLT)*

## I. Causes Related to Burnout

- **D** \_\_\_\_\_
- **D** \_\_\_\_\_ (18:45-46)
- **D** \_\_\_\_\_ (19:1-2)

## II. Cautions Related to Burnout

- **I** \_\_\_\_\_ (19:2)
- **I** \_\_\_\_\_ (19:3)
- **I** \_\_\_\_\_ (19:4)

## III. The Cure For Burnout

### 1. **R** \_\_\_\_\_ physically

*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!" 6 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. 7 Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." 8 So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.*

*1 Kings 19:5-8 (NLT)*

### 2. **R** \_\_\_\_\_ emotionally

*There he came to a cave, where he spent the night. But the Lord said to him, "What are you doing here, Elijah?" 10 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. I am the only one left, and now they are trying to kill me, too."*

*1 Kings 19:9-10 (NLT)*

### 3. **R** \_\_\_\_\_ spiritually

*"Go out and stand before me on the mountain," the Lord told him. ... 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. 13 When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, "What are you doing here, Elijah?" 14 He replied again, "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. I am the only one left, and now they are trying to kill me, too."*

*1 Kings 19:11-14 (NLT)*

### 4. **R** \_\_\_\_\_ ministry

*Then the Lord told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael ... 16 Then anoint Jehu ... and anoint Elisha ..."*

*1 Kings 19:15-16 (NLT)*