

# Finishing Strong

Navigating the Ups & Downs of Life, part 7  
Pastor Bob Johnson, September 6th, 2020

## God's Remedy For Burnout ...

1. Rest physically
2. Release emotionally
3. Refocus spiritually
4. Resume 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 to be king of Aram. 16 Then anoint Jehu son of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet.*  
1 Kings 19:15-16 (NLT)

5. R \_\_\_\_\_ !

## I. The P \_\_\_\_\_ of Discipleship

*Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.*  
Matthew 28:19 (NLT)

*Take the teachings that you heard me proclaim in the presence of many witnesses, and entrust them to reliable people, who will be able to teach others also.*  
2 Timothy 2:2 (TEV)

*I don't call you servants because a servant doesn't know what his master is doing. But I've called you friends because I've made known to you everything that I've heard from my Father.*  
John 15:15 (GW)

*And he called his twelve disciples together and began sending them out two by two ...*  
Mark 6:7 (NLT)

*The Lord now chose seventy-two other disciples and sent them ahead in pairs ...*  
Luke 10:1 (NLT)

**The "5 R's" brought restoration to Elijah:**  
(1 Kings 21:17-20)

## II. The P \_\_\_\_\_ of Discipleship

### Saying \_\_\_\_\_ to some things.

*So he departed from there and found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen in front of him, and he was with the twelfth. Elijah passed by him and cast his cloak upon him. 20 And he left the oxen and ran after Elijah and said, "Let me kiss my father and my mother, and then I will follow you." And he said to him, "Go back again, for what have I done to you?" 21 And he returned from following him and took the yoke of oxen and sacrificed them and boiled their flesh with the yokes of the oxen and gave it to the people, and they ate. Then he arose and went after Elijah and assisted him.*  
1 Kings 19:19-21 (ESV)

### Staying \_\_\_\_\_ to some things.

*Now when the Lord was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. 2 And Elijah said to Elisha, "Please stay here, for the Lord has sent me as far as Bethel." But Elisha said, "As the Lord lives, and as you yourself live, I will not leave you." So they went down to Bethel. 3 And the sons of the prophets who were in Bethel came out to Elisha and said to him, "Do you know that today the Lord will take away your master from over you?" And he said, "Yes, I know it; keep quiet." 4 Elijah said to him, "Elisha, please stay here, for the Lord has sent me to Jericho." But he said, "As the Lord lives, and as you yourself live, I will not leave you." So they came to Jericho. 5 The sons of the prophets who were at Jericho drew near to Elisha and said to him, "Do you know that today the Lord will take away your master from over you?" And he answered, "Yes, I know it; keep quiet." 6 Then Elijah said to him, "Please stay here, for the Lord has sent me to the Jordan." But he said, "As the Lord lives, and as you yourself live, I will not leave you." So the two of them went on.*  
2 Kings 2:1-6 (ESV)

## III. The P \_\_\_\_\_ of Discipleship

*Fifty men of the sons of the prophets also went and stood at some distance from them, as they both were standing by the Jordan. 8 Then Elijah took his cloak and rolled it up and struck the water, and the water was parted to the one side and to the other, till the two of them could go over on dry ground. 9 When they had crossed, Elijah said to Elisha, "Ask what I shall do for you, before I am taken from you." And Elisha said, "Please let there be a double portion of your spirit on me."*  
2 Kings 2:7-9 (ESV)

*And he took up the cloak of Elijah that had fallen from him and went back and stood on the bank of the Jordan. 14 Then he took the cloak of Elijah that had fallen from him and struck the water, saying, "Where is the Lord, the God of Elijah?" And when he had struck the water, the water was parted to the one side and to the other, and Elisha went over.*  
2 Kings 2:13-14 (ESV)