

Series: I Am Not Alright
Title: Steering Clear of Burnout
Text: 1 Kings 19:1-18
Date: November 28, 2021, AM

Two safeguards...

1. Regular _____

Genesis _____

Exodus _____

Mark _____

1 Corinthians _____

Revelation _____

2. Realistic _____

Exodus _____

2 Peter _____

Isaiah _____

4 unrealistic expectations we often put on ourselves...

A. The Lone _____ Syndrome

B. The _____ King Syndrome

C. The Single _____ of Failure Syndrome

D. The _____ and Better Syndrome