

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 Rest

Genesis 2:1-3

Exodus 20:8

Mark 6:31

1 Corinthians 16:1

Revelation 1:10

2. Realistic Expectations

Exodus 34:6-7

2 Peter 3:9

Isaiah 55:8

4 unrealistic expectations we often put on ourselves...

- A. The Lone Ranger Syndrome
- B. The Burger King Syndrome
- C. The Single Point of Failure Syndrome
- D. The Bigger and Better Syndrome