

## Spiritual Burnout Lesson 2

**Text: I Kings 19:4-9** <sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers. <sup>5</sup> And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. <sup>6</sup> And he looked, and, behold, there was a cake baked on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. <sup>7</sup> And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. <sup>8</sup> And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. <sup>9</sup> And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah?

**II Corinthians 10:3-5** <sup>3</sup> For though we walk in the flesh, we do not war after the flesh: <sup>4</sup> (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) <sup>5</sup> Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

**Galatians 6:9** And let us not be weary in well doing: for *in due season we shall reap, if we faint not.*

**Introduction:** Have you ever watched a rocket launched into space? Have you noticed how it is gets into orbit? The rocket is divided into different sections or STAGES. One stage carries it until it completes its allotted time and as it runs out of fuel, another STAGE immediately takes over and continues the mission. Our Christian life is supposed to be like that—one generation passes away and God takes them out of sight, another generation takes their place and takes up the mission.

What happens when the Plan of the Past is no longer working? **CHURCHES CLOSE DOWN—CHRISTIANS WANDER OFF-COURSE/DIE--GOD'S WORK IS FORCED TO GO ELSEWHERE**

**Has God Failed???? NO-NO-NO--MAN HAS FAILED TO FOLLOW GOD'S PLAN**

**\*\*\*SAMUEL AND A NEW KING--DID GOD FAIL --- NO--THE PEOPLE REJECTED GOD**

**I. Mental Burnout Definition: 11/22 Reader's Digest—BEYOND BURNOUT-** “Think of burnout as stress taken to another level. Typically, burnout is defined as an extreme state of psychological strain. It's a response to facing prolonged chronic stress that goes beyond your ability or available resources to overcome. **Because many of us frequently feel stressed, it can be hard to recognize when the line has been crossed. True burnout is different from feeling overextended.** Burnout combines 3 key dimensions—1. Overwhelming exhaustion, 2. Feelings of cynicism (pessimism or skepticism), 3. And a sense of Discouragement, Inadequacy or low Accomplishments

**II. Spiritual Burnout is Similar but pertains to our SPIRITUAL MIND and ATTITUDE toward GOD and His WORK**

**III. What would Jesus (our General) Say to His People Today?**

- a. Remind us of our DUTY—OUR ASSIGNMENT –THE HOUR--This is our SEASON to WORK or FIGHT in His ARMY
- b. Assess the Situation--- 1<sup>st</sup> Church faced Persecutions—OTHER SEASONS: Financial Hardships, Evil Church Priests and False Doctrine-- Luther faced CATHOLISM---WESLEY faced DISASSOCIATION and ISOLATION from his home church—EARLY PENTECOSTALS faced POVERTY and ATTACKS from ESTABLISHED Denominations

We face APOSTACY and DISCOURAGEMENT throughout our Ranks—A GREAT SEASON of GREAT FALLING AWAY—LOW WATER MARKS IN CHURCH ATTENDANCE –LOW WATER MARKS IN SOULS BEING SAVED—LOW WATER MARKS IN ENCOURAGEMENT AND HOLY GHOST BAPTISMS

- c. Make a Speech of Encouragement to His Followers for Past/Future Battles that all have faced or will soon face.
  - d. Care for the Wounded and Shell-Shocked Soldiers
  - e. See to Resupplying His Troops with Essential Equipment
- II Peter 1:3** According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

**II Corinthians 10:3-5** <sup>3</sup>For though we walk in the flesh, we do not war after the flesh: <sup>4</sup>(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) <sup>5</sup>Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

- f. REDIRECT HIS Leaders and PICK out SPECIAL Soldiers for Upcoming DUTIES for the FULFILLMENT of HIS PLAN for BATTLE.

#### **IV. Things We Must Understand about the WORK of GOD**

1. Although it is our Duty to Work, it is not our job to HOLD-UP the Work of God.  
God is its HEAD and His Power is its source—ARK and UZZIAH
2. We must continually be RENEWED and REFRESHED by the Holy Spirit or we will become SPIRITUALLY over-taxed and WEAK
3. We should KEEP our EYES on JESUS and OUR DUTY—not on what others DO or DON'T Do—
4. God has Provided POWERFUL WEAPONS to Help us in HIS WORK—USE THEM

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- a. HOLY GHOST BAPTISM/PRESENCE and ANOINTING
- b. THE WORD OF GOD
- c. PRAYER
- d. SPECIAL GIFTS for the BODY OF CHRIST—

**I CO. 12:28** And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues.

**Romans 12:4-8** <sup>4</sup>For as we have many members in one body, and all members have not the same office: <sup>5</sup>So we, being many, are one body in Christ, and every one members one of another. <sup>6</sup>Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith; <sup>7</sup>Or ministry, let us wait on our ministering; or he that teacheth, on teaching; <sup>8</sup>Or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness

**SUPERNATURAL GIFTS of the SPIRIT—I Corinthians 12:8-11** For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; <sup>9</sup>To another faith by the same Spirit; to another the gifts of healing by the same Spirit; <sup>10</sup>To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues:

<sup>11</sup> But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.

5. **This is OUR SEASON to Work-** GET USED TO SOME HARDSHIPS--We can not change the season but we can stay faithful  
Other Seasons had ISSUES TOO—Persecutions-CATHOLISM- FALSE DOCTRINE-ESTABLISHED RELIGION
6. **Our Work for GOD is not in RESULTS but in COMMITMENT and FAITHFULNESS**  
NOAH, ABRAHAM, RUTH, ESTHER, DANIEL, JEREMIAH, EZEKEIL, SAMUEL, ISAIAH, EZRA, JOEL, AMOS, NEHEMIAH, HOSEA... **ALL WITHOUT NOTICABLE FOLLOWERS OR CONVERTS—YET GREAT IN THE RECORD OF GOD’S WORD**