

Coping With Burnout and Stress

I Kings 19



How God Deals With Elijah's Depression, Burnout, and Stress

I. God Sends an Angel

An angel prepares a breadcake to eat and a jar of water

Noticed the angel touched him

II. God Asks Elijah a Question

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When God asks us a question it means He wants us to talk
with Him

Elijah was experiencing pious pride at the moment

III. God Speaks a Word

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God often speaks in a whisper-a still small voice

God reminds Elijah, He is Sovereign

God still had a purpose for Elijah-He sends him to
Damascus

IV. Things We Need to Remember from Elijah's Spiral Down Hill

1. Anybody can bottom out
2. God's healing is multifaceted
3. Dramatic events get our attention, but they won't
change our lives
4. The Word of God will change our life