

Burnout

May 28

GO FURTHER



START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- HOW DO YOU RESPOND TO FIGHT-OR-FLIGHT SITUATIONS?

START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- Which part of this message was most impactful for you and why?
- When you're stressed or close to burnout, are you most likely to run yourself into the ground, try to do it all on your own, or dwell on the negative? How could you change the way you respond to stress?
- Read 1 Kings 19:11-12
- Where do you find God's presence?
- What does it look like to see Him in the ordinary moments?

START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.

- Talk about a time when you experienced burnout in any area of your life. What was that like, and how did you find relief and hope?
- Is there currently an area in your life where you feel close to burnout? How are you processing it, and what changes could you make to rest this week?

START PRAYING | BE BOLD AND PRAY WITH POWER.

Father, we're tired and worn out. So we come to You, trusting and believing that You will show up in the ordinary moments to help us find relief from stress. Please show us how we can live freely and lightly in Your presence. In Jesus' name, amen.

START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- Start the Wisdom for Mental Health Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan

701.223.4401 | www.legacyumc.org/gofurther/ One Church, Three Locations