

# STRESS BUSTERS

MIKE MAZZALONGO

## STUDENT WORKBOOK

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# Stress Busters

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## Mike Mazzalongo

Mike addresses a common problem of the times, stress, and how we can naturally decrease the frequency and intensity of this debilitating condition in our lives.



**[bibletalk.tv/stress-busters](http://bibletalk.tv/stress-busters)**

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# 1. An Introduction to the Problem of Stress

This lesson points out the nature of stress and its special effect on believers.

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Intro – There is much misinformation on the subject of stress:

1. My uncle Maurice \_\_\_\_\_

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2. Farmers \_\_\_\_\_

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Truth #1 about stress \_\_\_\_\_

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## Facts on Stress

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Stress is not a bad thing \_\_\_\_\_

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It becomes a problem \_\_\_\_\_

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The symptoms of stress \_\_\_\_\_

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The key is not to eliminate but to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What to do with burn-out**

\_\_\_\_\_  
\_\_\_\_\_

Stress is caused by various things. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Panic Attacks \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Burn-out happens \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3 things to do in case of burn-out:**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2. Stress from Worry

In this session, Mike defines the destructive habit of worry and how we are producing positive outcomes from those situations that normally cause us stress from worry.

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### Intro - Review

Everyone \_\_\_\_\_

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Too much stress causes \_\_\_\_\_

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Burn-out is a type of \_\_\_\_\_

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3 things to overcome burn-out:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

### Stress from Worry

A definition \_\_\_\_\_

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Things we worry about \_\_\_\_\_

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What worry accomplishes:

A. \_\_\_\_\_  
\_\_\_\_\_

B. \_\_\_\_\_  
\_\_\_\_\_

C. \_\_\_\_\_  
\_\_\_\_\_

D. \_\_\_\_\_  
\_\_\_\_\_

**A Right Perspective – Matthew 6:25-34**

The right perspective includes:

1. A correct \_\_\_\_\_ vs.25-32 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. A change \_\_\_\_\_ vs.33-34 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Transforming Stress into Joy – James 1:2-8**

James' approach to worry and stress shows that \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

He shows how to break the cycle of worry and stress – vs. 2-4  
\_\_\_\_\_  
\_\_\_\_\_

He shows where to go for help – vs. 5-8  
\_\_\_\_\_  
\_\_\_\_\_

James says that \_\_\_\_\_

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## Summary

Worry from stress comes from two sources.:

1. We worry \_\_\_\_\_

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2. We worry \_\_\_\_\_

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The Lord and James provide the answer to those who are stressed out because of worry:

1. The Lord \_\_\_\_\_

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2. We should not \_\_\_\_\_

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# 3. Stress from Work

Mike talks about the greatest source of everyday stress, the things we do to earn a living - work.

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## Intro - Review main ideas of Stressbusters' course:

"Burn-out's" cause is \_\_\_\_\_

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Dealing with over-stress requires:

- Knowledge \_\_\_\_\_

- Change \_\_\_\_\_

- Faith \_\_\_\_\_

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Dealing with "worry" requires:

- Correct \_\_\_\_\_

- Change in \_\_\_\_\_

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## Stress from Work

Class Discussion: \_\_\_\_\_

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Stress caused by work usually caused by one of two extremes.

**1. Stress Caused by \_\_\_\_\_**

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Too much \_\_\_\_\_

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Unreasonable \_\_\_\_\_

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A \_\_\_\_\_ job

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A job with a company \_\_\_\_\_

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**Biblical example of this is in II Corinthians 11:16-33**

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Paul's job caused "over-stress" \_\_\_\_\_

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Sometimes we have options and sometimes we don't. \_\_\_\_\_

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In Chapter 12:8-10, Paul explains the way to deal with this on-going stress. \_\_\_\_\_

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**2. Stress from a \_\_\_\_\_ attitude.**

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An example of this is in Matthew 20:1-16 \_\_\_\_\_

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For the workaholic, the danger is in thinking \_\_\_\_\_

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### **Summary**

The over-stress that comes from the workplace is usually a question of imbalance:

1. When the \_\_\_\_\_ is too much.

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2. When too much of \_\_\_\_\_ is in the job.

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## 4. Stress from Failure

In this session, Mike talks about the type of stress that everyone wants to avoid but all suffer from to a degree or another - stress from failure.

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**Intro - You have to put these principles to work if you want to succeed.**

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### **Stress from Failure - The Connection**

Our society rewards success and punishes failure:

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### **Types of Stress due to Failure**

1. Stress caused by \_\_\_\_\_

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2. Stress caused by \_\_\_\_\_

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### **What to do with Stress from Failure**

There are 2 things that help Christians deal with stress caused by failure and the fear of failure.

**1. Failure** \_\_\_\_\_

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Look at history \_\_\_\_\_



Because of this philosophical illusion that has led people to believe that we are evolving into a better society without God \_\_\_\_\_

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When we understand that failure is normal, it helps lessen stress in various ways:

A. \_\_\_\_\_

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B. \_\_\_\_\_

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C. \_\_\_\_\_

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The response to failure is not success but rather \_\_\_\_\_

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**2. Failure is \_\_\_\_\_**

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A study of history shows that those who have been taught by failure haven't eliminated it totally from their lives but they have, nevertheless, accomplished great things. \_\_\_\_\_

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If we choose to, we can learn many things from failure:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

Failure causes the greatest stress in our lives when we fail to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Summary**

What I have said until now \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

We can do something about the stress caused by failure. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 5. Stress from Conflict

This lesson deals specifically with conflict in church situations. Hopefully lessons learned here can serve to deal with the stress caused by conflict in any setting.

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**Intro - Conflict with someone else is a great stress producer.**

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Things you do when in conflict. \_\_\_\_\_

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### **Conflict in the Church - I Corinthians 3:1-23**

There is and has always been conflict in the church. \_\_\_\_\_

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Church conflict is especially difficult because \_\_\_\_\_

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**I Corinthians 3:1-23 contains an example of church conflict and resolution.**

Vs. 1-4 - The problem is summarized \_\_\_\_\_

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Vs. 5-9 - \_\_\_\_\_

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Vs. 10-15 - The relationship between the church and its members \_\_\_\_\_

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Vs. 16-17 - \_\_\_\_\_

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Vs. 18-23 – The Corinthians had an improper view of wisdom \_\_\_\_\_

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## **Conflict Resolution in the Church**

Whatever the nature of conflict, this passage gives us 4 rules to guide us in its resolution.

**Rule #1** – Look \_\_\_\_\_

In counseling on conflict the hardest thing is \_\_\_\_\_

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**Rule #2** – Look \_\_\_\_\_

This means to assess the \_\_\_\_\_

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**Rule #3** – Look \_\_\_\_\_

In the church we strive to \_\_\_\_\_

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**Rule #4** – Look \_\_\_\_\_

When we recognize \_\_\_\_\_

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## **Summary**

Conflict in the church \_\_\_\_\_

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Conflict continues to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The causes of conflict are usually:

A. \_\_\_\_\_

\_\_\_\_\_

B. \_\_\_\_\_

\_\_\_\_\_

C. \_\_\_\_\_

\_\_\_\_\_

4 Rules to help resolve:

Look \_\_\_\_\_

Look \_\_\_\_\_

Look \_\_\_\_\_

Look \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 6. Stress from Loss – Part 1

Mike reviews the effect of loss on individuals, especially the stress associated with various kinds of loss.

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**Intro - This lesson looks at stress caused by loss.**

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## Defining Loss

The loss of a loved one usually generates the greatest level of pain and stress.

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Losing any one of these things creates grief that can be experienced as:

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## Grief, Loss and Stress

There is a relationship between grief, loss and stress.

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Dr. Kubler Ross described the grieving cycle:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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We can reduce the stress caused by the grieving process as we understand:

A. We are never \_\_\_\_\_

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It helps if we understand that grief is a \_\_\_\_\_ and not a single \_\_\_\_\_.

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B. Grief resolution is \_\_\_\_\_

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We need to grieve. \_\_\_\_\_

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1. Denial is like \_\_\_\_\_

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2. Anger is the \_\_\_\_\_

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3. Bargaining is our way \_\_\_\_\_

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4. Depression is \_\_\_\_\_

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5. Acceptance is the final \_\_\_\_\_

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The object of grieving is \_\_\_\_\_

There is not always \_\_\_\_\_

God doesn't always provide the why, but He does provide in times of crisis. He provides:

Romans 8:35-39 \_\_\_\_\_

I Thessalonians 4:13-18 \_\_\_\_\_

## Summary

Stress accompanies and is caused by grieving. \_\_\_\_\_

Over-stress happens when:

1. We are \_\_\_\_\_

2. We remain \_\_\_\_\_

The world's answer \_\_\_\_\_

Christ's Answer \_\_\_\_\_

The resurrection of Christ is central to our \_\_\_\_\_

Our own resurrection is central to our \_\_\_\_\_

# 7. Stress from Loss – Part 2

Mike finishes out this topic by providing a biblical strategy for grief recovery.

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**Intro - This is the second in a two-part lesson dealing with the stress caused by loss.**

The relationship between loss and stress is that loss is \_\_\_\_\_

We've reviewed several ideas related to the process of grieving:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

## Helpers

The first stage we go through in grieving is \_\_\_\_\_

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Our friends can be good helpers. \_\_\_\_\_

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Sometimes helpers don't "help." \_\_\_\_\_

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For example: Job \_\_\_\_\_

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Job 8:1-10 \_\_\_\_\_

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There are ways that helpers can actually “help” a grieving person:

1. Offer \_\_\_\_\_  
\_\_\_\_\_

2. Say \_\_\_\_\_  
\_\_\_\_\_

3. Offer \_\_\_\_\_  
\_\_\_\_\_

4. Express \_\_\_\_\_  
\_\_\_\_\_

5. Share \_\_\_\_\_  
\_\_\_\_\_

6. Include \_\_\_\_\_  
\_\_\_\_\_

7. Offer \_\_\_\_\_  
\_\_\_\_\_

Some things helpers can't do:

1. You can't \_\_\_\_\_

2. You can't \_\_\_\_\_

3. You can't \_\_\_\_\_

4. You can't \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Strategy For New Hope

Much of the grieving process is designed to help us deal with the past and adjust to the present.

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In the modern world \_\_\_\_\_

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The apostles had to deal with loss \_\_\_\_\_

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Their story provides a guideline for our own renewal.

- They were \_\_\_\_\_

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- They devoted themselves \_\_\_\_\_

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- They took \_\_\_\_\_

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## Summary

Loss creates stress, but we can reduce this stress if we:

1. Understand \_\_\_\_\_

2. Use \_\_\_\_\_

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We all suffer from \_\_\_\_\_ don't be \_\_\_\_\_ to lose is  
part of \_\_\_\_\_, if you \_\_\_\_\_ this,  
your stress level will \_\_\_\_\_.



## 8. Stress from Burnout

Mike examines the end result of constant over-stress, burnout and how to avoid this debilitating condition.

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**Intro** - A common definition of "burnout" is: \_\_\_\_\_

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It is most evident in people who work in \_\_\_\_\_ professions.

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In the relationship between stress and burnout, we can say that burnout is the \_\_\_\_\_

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### **Burnout**

Burnout comes as a "fizzle" not an "explosion." \_\_\_\_\_

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**There are 4 stages in the burnout process:**

1. \_\_\_\_\_

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Usually starts with a new beginning. \_\_\_\_\_

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2. \_\_\_\_\_

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This is where our expectations and idealism come into contact with reality.

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3. \_\_\_\_\_

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Characterized by chronic exhaustion. \_\_\_\_\_

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4. \_\_\_\_\_

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This is where our burnout becomes evident to people around us. \_\_\_\_\_

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Some things we need to realize about burnout:

1. It's not a \_\_\_\_\_

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2. You are usually \_\_\_\_\_

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3. You need to make some \_\_\_\_\_

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### **Dealing with the Burnout Cycle**

We are all subject to the burn out cycle.

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### **Some things to understand in order to avoid burnout:**

1. Realize that there is \_\_\_\_\_ Ecclesiastes 3:1-8

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2. Realize that you may not \_\_\_\_\_ II Corinthians 1:6

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3. Realize that there is a relationship \_\_\_\_\_ James 4:8

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# 9. God's Prescription for Burnout

In this final lesson, Mike breaks down God's way of dealing with human stress especially when it leads to personal burnout.

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**Intro** - Burnout is a signal that something is out of balance in your life.

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## Rx for Burnout - I Kings 19:1-18

Background - Elijah - vs. 1-3 \_\_\_\_\_

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Elijah's main ministry was to fight against paganism during the reign of Ahab and Jezebel in Israel.

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Symptoms of Burnout - vs. 4-10 \_\_\_\_\_

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Despair - vs. 4a \_\_\_\_\_

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Low Self-esteem - vs. 4b \_\_\_\_\_

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Anger and Resentment - vs. 10 \_\_\_\_\_

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Isolation/Loneliness - vs. 14 \_\_\_\_\_

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## Common Mistakes Caused by Burnout:

Mistake #1 - \_\_\_\_\_

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Mistake #2 - \_\_\_\_\_

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Mistake #3 - \_\_\_\_\_

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Mistake #4 - \_\_\_\_\_

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There is a common Burnout Cycle

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## God's Rx for Burnout in 4 Steps:

1. Rest - vs. 5-8

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2. Release - vs. 9-10

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3. Refocus – vs. 11

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4. Recommitment – vs. 15-16

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**Summary**

God knows what happens to us and He cares

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Follow the same Rx for... Burn-out:

1. 

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2. 

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3. 

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4. 

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