

WELCOME TO HAVEN

February 25, 2024

Welcome

Worship Songs

"We Praise You"

"House of the Lord"

Communion

Prayer

Scripture for Today

1 Kings 19:3-5 (NIV)

Message

"FPOM: On Fire Against Burnout"

Jack D. Cohen

Offering/Worship Song

"Believe For It"

**Closing*



Finding Peace of Mind

Angels (House of David)

- More than _____ of workers feel burned out as a result of their _____

STRESS VS. BURNOUT

- Stress is generally _____ & related to a _____ project or event

- Burnout is _____ stress that feels _____

“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” Then he lay down under the bush and fell asleep...”
– 1 Kings 19:3-5

HOW DOES THE BODY RESPOND TO STRESS AND BURNOUT?

- _____
- _____
- _____

COMMON MISTAKES

- We _____ ourselves _____

“Elijah was afraid and ran for his life...”

– 1 Kings 19:3

- We try to _____ on _____

“When he came to Beersheba in Judah, he left his servant there ...”

– 1 Kings 19:3

- We _____ on the _____

“Take my life; I am no better than my ancestors.”... All at once an angel touched him and said, “Get up and eat.”⁶He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.”

– 1 Kings 19:4-6

- Sometimes the most _____ thing you can do is _____

“The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake.¹²After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.”

– 1 Kings 19:11-12

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

– Matthew 11:28-30 (MSG)