

INTERNATIONAL BIBLE LESSONS – PROGRAM #32
August 13-16, 2015 Radio Worksheet
STOP BURNOUT!

Today I want you to think about yourself in relation to burnout. Answer the following questions, referring honestly to your own life.

1. What is burnout?

2. Which of the following situations probably indicate burnout? Answer 'yes' or 'no'.
 - a. Emotionally stressed out most of the time with trouble controlling your emotions? _____
 - b. Feeling overwhelmed by the demands other people place on you? _____
 - c. Lacking energy and enthusiasm for your ministry? _____
 - d. Busy leading church missionary conference? _____
 - e. Impatient with a difficult child? _____
 - f. You find yourself resenting what you love most? _____
 - g. Having many new unexplained health problems? _____
 - h. Missing work and avoiding people? _____
 - i. Feeling over-extended – you can't do one more thing? _____
 - j. Negative feelings about everyone and everything? _____
 - k. Feeling tired at night after working all day? _____

3. Answer TRUE OR FALSE to each of the following statements.
 - a. We should avoid all stress and busyness in our lives. _____
 - b. To avoid burnout, take time to play and relax. _____
 - c. Every time I feel discouraged, I am facing burnout. _____
 - d. Burnout can show up in physical, psychological, social, or spiritual symptoms. _____
 - e. To avoid burnout, keep on working day and night to finish something – then you can relax. _____

4. Name some things to STOP burnout when you see it coming.

5. Read Exodus 18 and jot down some things you can learn from Jethro's advice to Moses.

IBL WEBSITE: www.bible4children.org OR www.iblessionsinc.org