

WHEN YOU'RE NOT OKAY

The spiritual side of mental health.

Part 3: The Spiritual Side of Burnout // Carey Nieuwhof // January 22, 2023

Burnout seems to be an epidemic these days. Almost everyone seems overwhelmed, overcommitted, and overworked. It's not just killing us—it's nowhere close to the way God wants us to live. In this message, we'll look at why burnout is running so rampant and how to ensure you get out of it and stay out of it.

Scripture: [Exodus 18:7-26 NLT](#)

Bottom Line: To avoid burnout, create margin for God to do what God wants to do *in* you, *through* you, and *without* you.

Getting Started:

1. Have you ever been in a period of burnout, or been close to someone who has? What was it like?
2. In what ways can you relate to being overwhelmed, overworked, and overcommitted?

Diving In:

3. It can be spiritually confusing when God is doing good things in your life, but you end up exhausted. What can you learn from [Exodus 18:7-26](#) about how being used by God is no guarantee that you won't burnout?
4. Jethro makes an astute observation in v. 18: "You're going to wear yourself out—and the people, too." How does one person's burnout impact other people?
5. Do you have any idea when your Green Zone might be?
6. What would some of the best uses of your Green Zone be?
7. What changes should you make today to create the margin you need for God to do what he wants to do in you, through you, and without you?

Moving Forward:

Take this simple [burnout quiz](#). This is NOT a medical test. If you're showing signs of burnout, please see a doctor and/or a [trained Christian counsellor](#).

Regardless of your current state, it's critical to craft a new normal that will get you living in a way today that will help you thrive tomorrow. This week, identify and protect your Green Zone as a way of reclaiming some margin in your life.

Changing Your Mind:

If you follow this advice, and if God commands you to do so, then you will be able to endure the pressures, and all these people will go home in peace.

Exodus 18:23 NLT