

EMOTIONAL HEALTH

HOW WHAT WE FEEL
IMPACTS HOW WE LIVE

PART 2: BURNOUT

It's increasingly common for people to be overwhelmed, overcommitted, and overworked. Not only is it stressful, it's not the way God wants us to live.

WIN

To better margin for God to do what God wants to do in you, through you, and without you

CONNECT

Take a few minutes to discuss the following questions as a group:

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

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, Give us the wisdom and perspective to know when we've taken on too much, and give us the strength to set aside the things we need to. Amen.

After praying, watch the video for Part 2.

APPLY

Discuss the following questions as a group:

1. How did you do on the evaluation? Did it indicate you may be burning out? Talk about what the assessment revealed to you.
2. Read **Exodus 18:7–26**. Even though God was using Moses to lead the people of Israel, Moses was being unwise in his method. What are some other lessons or observations you notice from this passage? Pay close attention to verse 18, where Jethro points out: ***You're going to wear yourself out—and the people too.*** How does one person's burnout impact other people?
3. Do you have any idea when your Green Zone of time might be? What would be some of the best uses of your Green Zone time?



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4. What changes should you make to create the margin you need for God to do what he wants to do in you, through you, and without you? Could it be a schedule change, learning to delegate, or something else?
5. Throughout his ministry, Jesus retreated to quiet places in order to spend time alone with his heavenly Father, even when people were clamoring for his attention. Is intentional time with God something you could use more of? Could time like that help with burnout? If so, how? If you regularly spend time alone with God, explain how that habit has helped you prevent burnout.

PRAY

Spend some time praying as a group to close your meeting. Ask your heavenly Father to help you rethink your priorities and to be wise about how you spend your time.

