

Sermon Notes – August 8, 2015, Pastor Alan Smith

“I Had Enough”

A sick child and hours have gone by without sleep. Another month of too many bills and not enough money. The doctor says your cancer has returned and they will have to do more chemo. Another meeting and you are not sure if you are getting fired. The pressures and stresses of this world come in waves and there are times we say I HAVE HAD ENOUGH!!!

In our scripture today we see Elijah was ready to die. Before this scripture we see the story of how God proved himself to the people by burning a water soaked offering to Him, then 450 prophets of Baal were put to death. We see that Elijah prayed for rain and then outran a chariot for about 24 miles. He achieved all these great victories and then the queen threatened his life. Elijah went from the top of the mountain to the depths of despair. He fled toward Mt. Sinai and on his way he finds a broom tree to lie under. It was at this point he felt his life was over and he asked God to take his life.

Sometimes we come to that point in our lives: “I wish it were over and God would take my life because what I’m going through is hard and I can’t take it anymore!!!” Even in ministry we say, I can’t take anymore. Burnout is real and can be very harmful to someone’s health. When burnout occurs it comes with different symptoms.

Signs of physical and emotional exhaustion:

Post published by Sherrie Bourg Carter Psy.D. on Nov 26, 2013 in High Octane Women

- Chronic fatigue
- Insomnia.
- Forgetfulness/impaired concentration and attention.
- Physical symptoms. Physical symptoms may include chest pain, heart palpitations, shortness of breath, gastrointestinal pain, dizziness, fainting, and/or headaches (all of which should be medically assessed).
- Increased illness.
- Loss of appetite.

- Anxiety.
- Depression.
- Anger.

Sound familiar? Have you ever gone through this kind of burnout? Do you know someone that might be going through this?

You may know someone or you may be that one that is going through burnout. What can you do for yourself or that person you know? There are many professions where burnout occurs: firefighters, nurses, doctors, pastors, social workers, police officers, business owners, etc.

We see in our scripture how God helped Elijah in the midst of his burnout.

1 Kings 19:5–8 (NLT)

5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” 6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

7 Then the angel of the LORD came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

8 So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai,* the mountain of God.

God provided food and water for Elijah so he could complete his journey. As a Christian how can we prevent this burnout? First we must understand the concept that God is the source of our strength.

Isaiah 40:28–31 (NLT)

28 Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary.

No one can measure the depths of his understanding.

29 He gives power to the weak and strength to the powerless. 30 Even youths will become weak and tired, and young men will fall in exhaustion. 31 But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Philippians 4:13 (NLT)

13 For I can do everything through Christ, who gives me strength.

With God as our source of strength we can take one more step.

When I talk to families that have suffered a loss, I ask them to not look at life as a whole. It is too overwhelming. I talk about facing today and taking just one step at a time.

When we feel overwhelmed by life we have to focus on just today. A friend of mine years ago asked me “how do you eat an elephant?” The answer is one bite at a time. How do you get through the stresses of life?

Jesus said in **Matthew 6:33–34 (NLT)**

33 Seek the Kingdom of God* above all else, and live righteously, and he will give you everything you need. 34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

When we experience burnout it sometimes comes from thinking that the situation we are in will never end. In other words, we borrow trouble from tomorrow. To overcome or prevent burnout is in what we focus on. When we focus on the situation, we give the situation the power. Our focus should be on God and His power.

Psalm 34:8 (NLT)

8 Taste and see that the LORD is good. Oh, the joys of those who take refuge in him!

Psalm 37:4 (NLT)

4 Take delight in the LORD, and he will give you your heart's desires.

Psalm 55:22 (NLT)

22 Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.

Taste and see, take delight, give your burdens! Good advice for those experiencing burnout. This is good advice for all.

Let's go and taste God's goodness. Delight in Him and give our burdens to Him.