

The Reasons and the Treatment of Burnt Out

“1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. 2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. 3 And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers. 5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. 6 And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. 7 And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. 8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. 9 And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah? 10 And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. 11 And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: 12 And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice. 13 And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah? 14 And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. 15 And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael to be king over Syria: 16 And Jehu the son of Nimshi shalt thou anoint to be king over Israel: and Elisha the son of Shaphat of Abelmeholah shalt thou anoint to be prophet in thy room. 17 And it shall come to pass, that him that escapeth the sword of Hazael shall Jehu slay: and him that escapeth from the sword of Jehu shall Elisha slay. 18 Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him. 19 So he departed thence, and found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen before him, and he with the twelfth: and Elijah passed by him, and cast his mantle upon him. 20 And he left the oxen, and ran after Elijah, and said, Let me, I pray thee, kiss my father and my mother, and then I will follow thee. And he said unto him, Go back again: for what have I done to thee? 21 And he returned back from him, and took a yoke of oxen, and slew them, and boiled their flesh with the instruments of the oxen, and gave unto the people, and they did eat. Then he arose, and went after Elijah, and ministered unto him.” (1 Kings 19:1-21 KJV)

Burnt out the definition of it is in brief is being worn out or exhausted, as a result of long time stress: You will feel tired, physically and mentally and having lack of joy or desire in life. In the passage about the prophet Elijah who was running away from Jezebel he was burnt out and even expressed his no desire for life, even prayed unto God that he might die as he spoke to God, *“It is enough; now, O LORD, take away my life; for I am not better than my fathers.”* He was burnt out, and may be like you now and for the following reasons:

1. Devil back fighting: Elijah had a great victory over the mountain of Carmel against the enemy and the evil prophets of Baal who ate at Jezebel's table and who were slaughtered. Surely Devil was angry with Elijah and he used Jezebel to revenge. **After any spiritual victory and deliverance the devil will fight you back. This you must know so you will not be discouraged when devil will attack you.**

2. Message of threat or appointment to revenge of you: Elijah was in constant threat and for long time from the Ahab who was an evil king of Israel who was leading the people in the wicked way of the evil one, and his wife Jezebel was doing the same. So when Elijah slew the prophets of Baal, Jezebel uttered a threatening message against him and sent with a messenger to him to do him the same, *“2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time.” (1 Kings 19:2 KJV)* **Your constant stand against those who oppose the truth will put you in a constant and long term stress that finally might wear you out.**

3. The Battle is in the mind: Yes there was a true threat around Elijah, and that might be true with your circumstances, but still one more thing make life more stressful, is the battle in the mind when you give the way for your mind to imagine that people are doing evil or planning evil to attack you. The width of the field of the battle of the mind is only 15 centimeters, which is the distance between your two mastoid processes of your skull and that is the width of your mind, where you think and imagine all the negative views. Therefore do not think much with people's opinions, talks and actions about you.

4. Delay reward: Elijah should be rewarded by God to what he achieved but instead he was forced to flee. **You might be facing the same, that you did good but you are repaid bad.** God sure had rewarded Elijah for all his services and sacrifices unto God. *** As well as God shall reward you for all your services and sacrifices unto Him. But God has His own timing to reward and certain times he is delaying in order to serve His own purpose and for your wellbeing. Therefore you should not be discouraged or be shaken, because God is still in full control over the entire situation. * Also you need to understand and accept that to follow God is also your willingness to suffer for Him, “29 For unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake;” (Philippians 1:29 KJV)**

5. Lack of food and lack of drinking enough water: Excessive fasting brings you weariness. God gave food to Elijah *“5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. 6 And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. 7 And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. 8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.” (1 Kings 19:5-8 KJV)* The angel woke him up twice and asked him to eat. Indeed Elijah strengthened by that food and water. **Therefore give**

yourself rest and eat and drink well to overcome burnt out. The body needs six to eight glasses of clean water per day. Lack of water causes headache and less performance of your mind.

6. Lack of sleep: Elijah was sure exhausted after one day journey running away from Jezebel, *“4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers. 5 And as he lay and slept under a juniper tree,” (1 Kings 19:4-5 KJV)* Lack of sleep brings weariness. Long day of work with over thinking brings your burnt out easily. Therefore sleep is needed in order to escape the over stress that you are in. Sometimes you cannot sleep because you are drinking much coffee and tea. Therefore in such situations you need to avoid coffee and tea in order to be able to go back to your normal sleep.

7. Long journeys and travels: Elijah travelled forty days and forty nights until he reached mount Horeb, and that also contributed to his weariness. The same might be happening to you and you need to be aware. Long travels and journeys without rest will work out to make you weary and easily burnt out. That will come true especially when you are stressed with the thoughts of your mind. Therefore give yourself rest from long journeys, and don't do them continually without taking rest between journey and another.

8. Wrong thoughts: These were the wrong thoughts of Elijah: *“10 And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. 14 And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.” (1 Kings 19:10, 14 KJV)* Twice Elijah repeated that to God. He thought that he was the only one suffering and persecuted for God and that was why he was weary. Elijah thought also that they were following him to take away his life. But no one was pursuing him. He believed much of what Jezebel threatened him with. Elijah also thought that he was alone and God is careless about him. **You might think the same; that you are the only one who is suffering and persecuted, and they are after your life and God is not helping you. But these are wrong thoughts and you must know that you are not alone and others are suffering the same for God, as well as God is so concern about you and is protecting you.** Jesus suffered most of such when He was on earth, *“7 Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him that was able to save him from death, and was heard in that he feared; 8 Though he were a Son, yet learned he obedience by the things which he suffered;” (Hebrews 5:7-8 KJV)* God corrected Elijah and declared to him that he had kept for Himself seven thousand who were loyal to Him, *“18 Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.” (1 Kings 19:18 KJV)* * Always put in your mind that you are not alone in suffering but there are others suffering the same, and such will give you relief that you are not alone but others are with you. * Also don't think much about others are after you to take your life; they might try, but the fact that God is with you and is in full control, He will not allow them to reach you for He has a great plan for you and still God wants to use you. * Also always put in your mind and make a commitment that you will not be discouraged whatever

you are passed through, and that you will not give up and that you will never stop serving God and in such you will be immune against all kinds of trials.

9. Misunderstanding where God is: God was not in the wind, neither in the earthquake nor in the fire. God is not in the big events, fights, strives, etc. God was in the still small voice. **Don't be attracted to big events around you, God is not in such things and don't expect much from God to speak to you in such situations. Sit down, be calm and wait and give time to God to speak to you.**

Treatment of Burnt out: After you recognized the possible causes of burnt out in your life then we put here some measures for you as treatment to follow and apply in your life so that you can recover to continue to serve God.

1. Separate yourself from people and move toward God. What Elijah did, he moved away from the people, and went and travelled to the mount of God in order to meet the Lord to speak to him. That is exactly what you need to do. You need to give yourself rest, and move from work and ministry and snatch your soul out from crisis, and tension, and be in God's presence. **Take a leave and a rest to enjoy life, enjoy family life, avoid events, fights, threats, or be in silent place. Silence your thoughts so that you will be able to hear and listen to the still small voice of God.** A similar of what we are saying here is what David passed through. *“18 So David fled, and escaped, and came to Samuel to Ramah, and told him all that Saul had done to him. And he and Samuel went and dwelt in Naioth.” (1 Samuel 19:18 KJV)* David was anointed by the prophet Samuel to be the king over the people of God. After he was anointed God made a way for him to enter Saul's service. Then later on David was called by God to kill the champion Goliath who defied the armies of God. After that important event the people honored what the Lord had done through David. As well as King Saul after that event took notice of David and he became jealous of him. Ultimately Saul wanted to kill David using some occasions to do that, but the Lord protected David and delivered him from the hand of Saul. Finally David realized that and fled and made his escape, he went to Samuel at Ramah and told him all that Saul had done to him. David went to Samuel the true leader of God who anointed him for God's service. He went there and told him everything that Saul did to him. Most likely he was looking for true advice and true Word of God to instruct him about the next step of his life and what is the plan of God for him. Then he and Samuel went to Naioth and stayed there. That was an important period in the life of David where he stayed with Samuel and with His school of the prophets, where he can encounter God in a more profound way. Most likely he received intensive training and teaching of the Word of God preparing him for the next stage of his life and ministry unto God. After that period which David stayed with Samuel he left him and it is not recorded that David met Samuel again. * **The message gives us a clue for our lives; as you are called by God, you might be attacked by the devil which uses people to harm you and try to hinder you to serve God. Or you might be burnt out by excessive trials or excessive services. You need to get revived, refreshed and rejuvenated with fresh Word of God, teaching and anointing that will sharpen your vision, and makes you see more clearly the next step of God's plan. That will make you have the strength to leap forward with God to continue your ministry unto Him. * You may need to do as David did or something similar to that. Give yourself rest, and move away from the battle arena to a place of refreshment and sit with God or with your teacher and get directed with the truth and receive the strength of the Lord as what had happened with David and Elijah.**

Jesus said, “28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.” (Matthew 11:28-29 KJV) Jesus is calling you to give you rest. Move out from fights and struggle, come to him and be at peace in His presence. He is calling you to carry your burdens and to teach you how to be yoked with Him so your life and ministry would become easier.

2. Stop fasting for a while. Eat well what you like to eat, drink more water, give physical rest to your body and sleep well.

3. Avoid putting yourself in stressful conditions, and move away from stressful people.

4. Read daily more of God’s Word in the Bible and pray and pour out yourself before God, and continue to do that till you hear the voice of God as Elijah was able to hear. The still small voice of God will do you the following:

A. Makes you calm down your emotions and will clean your thoughts and gives rest, peace and assurance to your heart and thoughts. The still small voice of God will assure you that God is with you and He is in full control over the situation.

B. Makes you realized that you are not alone or the only one, but there are many others who are passing through the same and still doing their best to God.

C. Restores you and makes you go back to do the next assignment to finish the task that God entrusted to you to do. The same what God did to Elijah when He restored him and sent him back with assignments and task to do, “15 And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael to be king over Syria: 16 And Jehu the son of Nimshi shalt thou anoint to be king over Israel: and Elisha the son of Shaphat of Abelmeholah shalt thou anoint to be prophet in thy room. 17 And it shall come to pass, that him that escapeth the sword of Hazael shall Jehu slay: and him that escapeth from the sword of Jehu shall Elisha slay.” (1 Kings 19:15-17 KJV) Elijah realized the truth of what God was telling him and the importance of his ministry, so he went back and did what God told him, “19 So he departed thence, and found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen before him, and he with the twelfth: and Elijah passed by him, and cast his mantle upon him. 20 And he left the oxen, and ran after Elijah, and said, Let me, I pray thee, kiss my father and my mother, and then I will follow thee. And he said unto him, Go back again: for what have I done to thee? 21 And he returned back from him, and took a yoke of oxen, and slew them, and boiled their flesh with the instruments of the oxen, and gave unto the people, and they did eat. Then he arose, and went after Elijah, and ministered unto him.” (1 Kings 19:19-21 KJV) Jesus will do the same with you, as you obey the above instructions, for there are many works for you prepared by God for you to accomplish.

My Dear and Beloved: * Come now to God and be willing to follow the instructions in this message, so you will receive rest, be refreshed, got revived and receive fresh new tasks to accomplish the vision that God has for you. * Your situations of burnt out is not the end but the beginning of new start and series of tasks that you need to accomplish. Ahead of you more disciples to make, and to work with God to raise others to continue the mission works of God after your departure. Let us pray

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord thank you for your encouraging message to me in this time of trials. Lord thank you for your Word that gave me peace, healed my wounds, refreshed me and revived me. Lord thank you for your protection from my enemies. Lord thank you for the new task and the assignments that you ordained for me to go through. Lord thank you for all the teaching, the corrections, and the admonishments we received in this message.

Come now to God and confess and renounce all your sins. Confess and renounce your fears, your anxieties, your fear of man and your lack of full trust in God. Confess and renounce your exhausting your body with many days of fasting, lack of enough rest and sleep, your drinking lot of tea and coffee, your drinking less water and your long travels and journeys. Confess and renounce your wrong thoughts about yourself and about God in the stressful situation that you are passing through. Confess and renounce your less time of prayers, less time sitting with God and less time in reading His Word in the Bible. Lord forgive me, I repent of the following _____.

Dear Lord thank you for your clear Word. Lord I am truly tired and burnt out. Lord I pour out before you my heart and my trouble _____. Lord save me from this trouble situation in my life _____. (Give now your real problem to God), _____. Lord speak to me and help me to hear your still small voice and restore me to continue to serve you. Lord as you directed Elijah and David, direct me to a peaceful rest in your presence or with your true servant to get revived, refreshed and have the wisdom and the strength to continue my journey and my service unto you, and to finish the new tasks that you outlined for me to finish, this all I ask and pray in Jesus name, Amen.

Lord thank you for my Brothers and Sisters who responded to your call in this message, and are willing to follow the instructions so they will be healed and recovered from their burnt out situation. Lord deliver them from their troubles and from their enemies. We come against all the works of Satan in their lives and cast it away from them in the name of Jesus. Lord solve their troubles, reward them for their good services and sacrifices, reveal yourself to them, and let them hear your still small voice. Lord refill them with the Holy Spirit and use them to accomplish the task that you ordained for them to do. Lord make their lives good testimonies and good examples to others to follow you.

Lord, bless us as your church. Lord we commit ourselves to follow the instructions we received in this message to avoid and to treat burnt out situations among our workers. Lord we ask you to refill us with the Holy Spirit and give us the spiritual gifts that we need in order to go on and evangelize, and make new disciples and train new workers to go and plant more Bible studies and congregations for the church. Lord we pray for more people to get water baptized and receive the Holy Spirit baptism. Lord prepare us for your coming to go with you when you come. Lord spread this message to reach all the congregations, the workers and the members of the church, and to the lost souls. Lord fulfill the vision of the church, ‘Multiplication in peace with implementing the whole will of God.’ Lord bless us, enlarge our territory, let your hand be with us and free us from harm so that we will not feel pain. May the grace of the Lord Jesus and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.

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***“The Lord is my light and my salvation— whom shall I fear?
The Lord is the stronghold of my life—of whom shall I be afraid?”***

(Psalm 27:1)