



# HOUR OF POWER

Reverend Dr. Major A Stewart

A man in a white dress shirt and a purple tie is shown from the chest up. His head is replaced by a large, bright, and intense fire effect, symbolizing burnout. The background is a dark, textured brown.

**WHAT TO DO WHEN BURNOUT  
IS BURNING YOU OUT!**



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March 26, 2024

## WHAT TO DO WHEN BURNOUT IS BURING YOU!

How much light does a burned-out light bulb produce? None!  
How much light does a burned-out Christian produce? None!  
Burnout occurs when we give out more than we take in. In Lesson 11, we talked about stress, and long-term stress results in burnout.



Cont. to next page...





# HOUR OF POWER

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**Burnout doesn't happen overnight. It evolves over a long period of time and often results from making too many commitments. Such a lifestyle works fine for a while, but finally it brings us to the point of exhaustion. We become "zapped." Our motivation leaves us, and we can't stand the thought of another obligation or responsibility. In this lesson, we will answer three questions: what is burnout, how do I recognize burnout, and how do I beat burnout.**

Cont. to next page...



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## What is burnout?

**Burnout is a state of mental, physical, and spiritual exhaustion resulting from too much stress for too long a time. Burnout is most common in a person with a “Type A” personality, who is very time-oriented and never seems to have enough time. “Type A’s” tend to move, walk, and eat rapidly. They are also likely to hurry those with whom they are talking. “Type A’s” get very upset when waiting for a train or traffic and when put on “hold” on the telephone. “Type A’s” usually live on very tight schedules. They have a hard time obeying what command in Psalm 37:7a?**

Cont. to next page...





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Even if you are not a “Type A” or don’t live with a “Type A,” you can still experience burnout. Anyone can get burned out. Burnout causes us to see our jobs as just boring work, not as places of ministry or mission fields. When we are burned out, we just put in our time, go through the motions, and then go home, dreading the next day.

Burnout also causes us to lose interest in our relationships, even our relationship with God. We get tired of everyone and everything. In Jeremiah 31:25, how does God describe what He will do for us when we are burned out?



Cont. to next page...



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**In the Christian life, we all struggle with burnout at times, becoming weary and needing our souls replenished. What is burnout? It is a state of mental, physical, and spiritual exhaustion. Now, let's discover ...**

**How do I recognize burnout?**

**There are three common feelings that accompany burnout.**

**1. Feeling unappreciated. Sometimes, we get burned-out like Moses was after leading the stiff-necked, stubborn Israelites in the wilderness for several years. Burnout shows up in our prayers. What does the burned-out Moses pray in Numbers 11:11?**



**Cont. to next page...**



# HOUR OF POWER

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**When we are burned-out, we feel like someone always wants something from us and no one ever wants to do anything to help us. We feel the burden of all these people, including associates at work, friends, family, etc.**

**When we feel unappreciated, we have feelings of resentment, bitterness, and even anger toward others. This is because we feel like no one appreciates who we are or what we do.**



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**2. Feeling overwhelmed. Burnout causes us to feel we don't have the time or energy for all we must do every day. We begin to question our decisions and abilities. We may feel like the psalmist did when he wrote what words in Psalm 22:15a?**

**A potsherd (pot-shurd) is a useless piece of broken pottery. Burnout causes a lack of resilience, an inability to cope with life, and a feeling of uselessness.**



Cont. to next page...





# HOUR OF POWER

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**3. Feeling unhappy.** When we suffer from burnout, we lose our joy. We become discontent, and nothing will satisfy or make us happy. Everything in life tends to seem meaningless. How does Solomon describe this feeling in Ecclesiastes 2:11?

Burnout contaminates your vision, causing you to see everything in a negative light. Wherever you go or whatever you do, you won't be happy. Nothing satisfies you because guess who goes with you everywhere you go? You do! Your distorted, burned-out perspective ruins everything.

Cont. to next page...



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**Burnout gives us “limburger cheese” attitudes. Wherever we go, we think the world stinks. However, it isn’t the world that “stinks”; it’s our attitudes. When we think the world “stinks,” we are probably suffering from burnout. Burnout makes us feel unappreciated, overwhelmed, and unhappy. Therefore, we need to know ...**



Cont. to next page...





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## How do I beat burnout?

**1. Remember to laugh. Don't take life too seriously, but instead develop a sense of humor. God has a great sense of humor; if you don't believe me, go look in a mirror. Laughter is very good for us. How does Proverbs 17:22a verify this?**

**Laughter is a sign of good mental and spiritual health. When we laugh, our brains release chemicals called "endorphins" that promote feelings of well-being and happiness. Few things can promote physical, emotional, and spiritual health like laughter.**

Cont. to next page...



# HOUR OF POWER

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If we don't know how to laugh, we will exaggerate our problems and our pain. We will become like little Johnny who learned at Sunday school God created everything, including human beings. He was surprised to find out God created Eve from one of Adam's ribs. Later in the week, Johnny's mother noticed he looked ill and in pain as he lay on the sofa. She asked, "Johnny, what's the matter?" Little Johnny responded, "I have a pain in my side; I think I'm gonna have a wife!" To beat burnout, remember to laugh and ...



Cont. to next page...





# HOUR OF POWER

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**2. Recruit a compassionate ear. When we sense we're beginning to burn out, we should share our burdens with our spouses or a close friend.**

**We all need loyal friends who are good listeners and can keep confidences. The Bible tells us two people are better than one (Eccles.**

**4:9), which is especially true when we are suffering from burnout. We all need friends with whom we can share our burdens, fears, and burnout. How does Proverbs 17:17a describe a true friend?**

**A true friend knows everything about us—warts and all—and still loves us. Also, a true friend loves us so much he or she will risk our wrath to tell us something we need to hear to help us or protect us.**

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If we are to beat burnout, we must remember to laugh, recruit a compassionate ear, and ...

**3. Review your commitments.** Burnout occurs when we have too many “irons in the fire.” What happens when we have too many “irons in the fire”? We put the fire out. When we have too many “irons in the fire,” we lose our spiritual fires. How can we avoid this problem, according to Hebrews 12:1b?

A few years ago I owned a sailboat that I kept in a slip on Lake Texoma. Every two years I had to get the algae cleaned off the bottom of the boat and have the bottom repainted. The accumulation of algae from sitting in the water over a period of two years slowed the boat down, causing it to drag so much it was no fun to sail.

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# HOUR OF POWER

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**Life is like that. Every couple of years, we accumulate things that begin to drag us down. We need to ask God to help us decide what “algae” we should remove from the “hulls” of our lives so life doesn’t drag us down. If we don’t let go of some things in our lives, they will drag us down and cause burnout. We must get rid of all the stuff that hinders us so we can run the race and fulfill the purposes God has for us. To beat burnout, remember to laugh, recruit a compassionate ear, review your commitments, and ...**



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**4. Refocus on God. Two words describe us when we are in burnout: “weary” and “weak.” When suffering from burnout, we need to remember what wonderful truth found in Isaiah 40:29?**

**We receive salvation as a gift from God by grace through faith, and in the same way we obtain the power and energy to overcome burnout. However, we must ask for that power and energy. Burnout is caused by focusing too much on things rather than God and His purpose for our lives. Focusing on God keeps our lives on course, our priorities in order, and prevents us from getting overloaded, which leads to burnout.**



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# HOUR OF POWER

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**When we refocus on God and His purpose for our lives, we will begin to sense His peace and power. When we focus on the Lord, what does Isaiah 40:31a say will happen (KJV, NASB, or NKJV)?**

**The word translated wait (qavah, kaw-vaw) means “to tarry patiently and in expectation.” Beating burnout requires refocusing on God and patiently waiting in expectation for Him to renew us. Everything God does in our lives He does by faith, including helping us beat burnout. How does Jesus express this truth in Matthew 9:29b?**



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BEATING BURNOUT REQUIRES YOU  
REMEMBER TO LAUGH, RECRUIT A  
COMPASSIONATE EAR, REVIEW  
YOUR COMMITMENTS, AND  
REFOCUS ON GOD. ON WHICH OF  
THESE DO YOU MOST NEED TO  
FOCUS THIS WEEK?



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