



COLOSSIANS 4:2-6

[2] Continue steadfastly in prayer, being watchful in it with thanksgiving. [3] At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison—[4] that I may make it clear, which is how I ought to speak. [5] Walk in wisdom toward outsiders, making the best use of the time. [6] Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

SIGNS OF BURNOUT

- 1) Do you feel passionless or numb?
- 2) Do you get disproportionately angry?
- 3) Do you lack motivation?
- 4) Are you self-medicating?
- 5) Are you constantly worried?

1) DRINK from DEEPER WELLS.

[2] Continue steadfastly in prayer, being watchful in it with thanksgiving.

2) Have a CAUSE that is BIGGER THAN YOU.

[3] At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison—[4] that I may make it clear, which is how I ought to speak.

3) UNFOLLOW.

[5] Walk in wisdom toward outsiders, making the best use of the time.

4) CARE for OTHERS like you CARE FOR YOU.

[6] Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person

DIGGING DEEPER

Questions and reflections for your own personal or group study.

1. Which of the signs of burnout have you experienced? Are you experiencing any right now?
2. How are your habits of prayer and scripture reading? What commitments can you make this year to improve?
3. Are your media habits helping with your overall burnout?
4. What has God given you a passion for that you have yet to take action on? Maybe this is your year to do so?
5. Are there people in your life that are constantly bringing anxiety, anger and confusion? How can you mitigate their influence on your life?
6. How do you treat yourself? Perhaps now is a time to start loving yourself as your Father in heaven loves you?