

# BE INTENTIONAL

## Moving From Burnout to Blessing

1. What is stress really? Stress is ACCELERATED wear and tear.

Burnout has 4 phases:

- a. Starts with a NEW BEGINNING where there is high energy or high expectations.
- b. Then there's a LESSENING OF ENERGY. You become physically & emotionally drained, and more detached from people.
- c. Chronic EXHAUSTION. Sleep difficulty, body symptoms: headache, upset stomach, etc.
- d. CRISIS Stage. Apathy, exhausted, can't work, detached, increasing physical symptoms.

2. BE INTENTIONAL when experiencing the wear and tear of stress.  
(*Matthew 26:36-46*)

3. Three means of coping with terrible stress:

- a. You PRAY through until there's a breakthrough.
- b. SUPPORT of Christian friends.
- c. Trust God & submit to His WILL. (*2 Corinthians 1:3-11 & 1:4*)