

# LIFEPOINTNV.COM/EVENTS

- SUN** Gatherings 8:30a / 10:00a /11:30a  
LifePoint Young Adults 6:45p
- MON** Coed 55+ Bible Study 10:00a  
LifePoint Women 6:30p\*  
Community Bible Study (Host site) 6:55p\*
- TUES** LifePoint Women 9:00a\*  
Support & Recovery 6:30p\*  
Family Mental Health Group 7:00p\*
- WED** Individual Mental Health Group 10:00a\*  
Kids Midweek – BreakOut 6:30p  
Middle School Midweek 6:30p
- THUR** Dementia Caregiver Support 10:00a\*  
Men's Bible Study 6:30p\*
- FRI** Men's Bible Study 6:00a  
Women 55+ Bible Study 10:00a  
Single Adults 7:00p\*
- SAT** LifePoint Men (4th Saturday Monthly) 9:00a\*

Stop by the Connection Center to get connected!

\*Childcare is provided



Give Online  
[lifepointnv.com/give](http://lifepointnv.com/give)



Give This  
Weekend

B R E A T H I N G R O O M

The space between your current pace and your limits



# BEATING BURNOUT - BREATHING ROOM

Kile Baker - January 12, 2020

Series Focus: Breathing room is the space between our current \_\_\_\_\_ and our \_\_\_\_\_.

The three embers of Burnout center around \_\_\_\_\_.

Fear of \_\_\_\_\_. Will I get this opportunity again?

Fear of \_\_\_\_\_. How do I measure up to others?

Fear of \_\_\_\_\_. Do I actually matter?

Beating Burnout Method #1: The gift of the \_\_\_\_\_.

Scripture: Exodus 16:21-23; Mark 2:23-27

Beating Burnout Method #2: The perspective of \_\_\_\_\_.

Scripture: Matthew 6:8-15

Beating Burnout Method #3: The path away from \_\_\_\_\_.

Scripture: Matthew 6:25-27; 31-33

Key Truth: When there is no margin between our pace and our limits it isn't our \_\_\_\_\_ that's at stake, it's our \_\_\_\_\_.

Next Step:

Schedule this month's Sabbaths.

Pray like Jesus taught his disciples.

Write one worry down and burn it.

# WELCOME TO LIFEPOINT

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## DISCUSSION QUESTIONS

1. Do you agree that fear and burnout are related? Why or Why not?
2. Which of the "Three embers of Burnout" do you relate to most? How has it shown up in your life recently?
3. When was the last time you took a full day off from work, chores, or responsibilities? Why do you think that is?
4. Whether you are a Christian or not, what is your view on the purpose of prayer? Who you're praying to and what you're praying for are both important-which one do you concentrate on more?
5. Jesus tells us "not to worry," which seems impossible. Read Matthew 6:25-33. How does Jesus suggest dealing with worry?



Total Given      1.827 M  
Goal                      2.1 M