

# Curriculum



## ***Hard At Work***

Burnout

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**PRAYERS**



**LEARN**

**Monday**

Are your days marred by the pressures of work, news of war or social unrest, the people who depend on you – kids, spouses, parents, employees, and other challenges? Maybe you returned to work after a seemingly restful vacation, only to feel almost immediately burdened with more anxiety and frustration than before? It's as if the time away from the unceasing demands has only intensified upon your return. Within hours you are feeling tired, discontent, unappreciated and back to throwing up your hands as if to say, "I'm so done with this!" The desire to quit, to abandon it all, is overwhelming you. You may be experiencing burnout.

We work so hard and yet often, it is in our own strength we press forward not waiting for or aligning ourselves with the strength of God. We often feel weary and burdened, yet how often do we stop and seek the Lord's help? We overcommit, fill our calendars with no margin, and constantly give the response, "I'm so busy!" But, personal conflicts and struggles cannot be resolved through mere contemplation and wishing things were different – it's time to capture those thoughts and make them obedient to Christ. ([2 Corinthians 10:5](#))

**Molding**

God wants us to demolish the arguments that are impure, non-lifting, counterproductive, and burning out our minds with negativity. Instead, we are called to fix our minds on what is true, lovely, admirable, excellent, and praiseworthy. ([Philippians 4:8](#)) With each repetition, it gets easier. A negative thought enters in, we realize it, capture it, and then pray about how to proceed. It is a journey of transformation, and it takes practice. But, with persistence, passion begins to flow back into our work, forgiveness is received and given, and even joy returns as our struggles transform into renewing opportunities.



**LIVE**

**Discussion questions:** Read the text and scriptures below and prepare to answer the questions.

1. Read [2 Corinthians 10:5](#). When do you deliberate over situations, how long is it productive before it turns detrimental?
2. Read [Philippians 4:6-8](#) and [Prov 17:22](#). How often do you engage in unproductive thinking and what do you practice to prevent them from leading to burnout?
3. Read [Galatians 5:1](#) and [Matthew 11:28-30](#). What burdens are you carrying from which God could free you?
4. Read [2 Corinthians 2:5-11](#). How different would work feel if you walked in forgiveness, releasing and blessing those who oppose you?
5. Read [Matthew 5:37](#) and [Lamentations 3:22](#). How are you building in margin to combat burnout?

**Application Question:** What are some ways you can recognize and combat burnout this week?



**PRAYERS**

**Prayer Requests & Closing Prayer**



PRAYERS

Opening Prayer & Prayer Requests



LEARN

Before you begin, read the AGENDA LEARN introduction together and review the APPLICATION QUESTION from the previous meeting's RECAP.



LIVE

**Discussion Questions:** Have someone read each Bible verse aloud and then ask the corresponding question. Be sure everyone has enough time to find the Scripture before the verse is read.

- 1) Read [2 Corinthians 10:5](#). When you ruminate over situations, how long is it productive before it turns detrimental?



Capturing your thoughts helps you productively compare them to God's truth and stop false pretenses from setting up shop in your mind.



When we live by the standards of this world and try to keep up without God's help, it's no wonder we are burned out. We are not built to fight the constant battles of this world without God's divine power demolishing strongholds. "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds." [2 Corinthians 10:3-4](#)



For more on utilizing the weapons God has given us for this real and personal battle, consider studying [Spiritual Warfare](#).

Notes:

- 2) Read [Philippians 4:6-8](#) and [Prov 17:22](#). How often do you engage in unproductive thinking and what do you practice to prevent them from leading to burnout?



When you fill your thoughts and lives with the good things of God, all you will want to do is rejoice.



Whiners, complainers, nay-sayers, etc. Nobody likes to be that way or be around those who are. We can and will have negative thoughts, angry thoughts, and plenty of thoughts we are thankful nobody can hear (although God can). But acting upon those negative thoughts or letting them fester and overcome the rejoicing for God's goodness can lead us to lose hope, take our eyes off God's truth, and lead to burnout – not to mention we forget to laugh!



For additional discussion, you might ask. "Is it easier to complain or rejoice? Why do you think so?"

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- 3) Read [Galatians 5:1](#) and [Matthew 11:28-30](#). What burdens are you carrying from which God could free you?



Sharing your burdens with God brings a peace that passes understanding.



We all have burdens and often that hinders us from sharing with others as much as we really need to. Maybe we don't want to share our work burdens with our spouse but we don't have confidants at work either. Maybe our family burdens are just too much to lay on someone else whom we know has burdens of their own. Regardless, it is too much sometimes to keep it all to ourselves. The good news is God is always there to listen and to take upon Himself the weight we can no longer carry. (see more in [Isaiah 40:29-31](#))

Notes:

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- 4) Read [2 Corinthians 2:5-11](#). How different would we feel if you walked in forgiveness, releasing and blessing those who oppose you?



Forgiveness frees you from a heaviness that hinders burnout.



Constant opposition and living in a state of fight or flight is draining. But, letting go of our selfishness in order to forgive, is freeing – not only for us but for the other person. Every time we fall short, God offers us grace. If only we could reciprocate to all those who oppose us...and yet we can, with God's help!



Write down the name of one person you need to forgive as God has forgiven you and begin to pray every day for reconciliation.

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- 5) Read [Matthew 5:37](#) and [Lamentations 3:22](#). How are you building in margin to combat burnout?



There is no need to swear an oath of business, just simply say "Yes" or "No".



We often feel an obligation to give reasons for our responses. We are only asked to obey God. It's important to understand what is taking up our time and if any of those activities are filling us up with joy, peace, and fulfillment or simply draining us. It's also important to ask why we have chosen those things or when those obligations will end. Not everything we have to do in a day will fill us up, but it is important to achieve a balance.



For additional discussion you might ask, “When was the last time you let go of something before saying Yes to something else?”

**Notes:**

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Application Question: What are some ways you can recognize and combat burnout this week?



**PRAYERS**

**Prayer Requests & Closing Prayer**

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**LEAD**

**Ask Yourself:** Am I contributing to a work environment that exports burnout or a healthy balance?

Sample



**PRAYERS**

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**ROADMAP**

This **BBT** volume of curriculum reveals the unproductive habits we have that can lead to burnout and ways that God's Word can help us combat it.



**LEARN**

Paul helps us remember that though we live *in* the world, we do not wage war as the world does. Therefore, we can stand firm on the truth that Christ has already set us free and that it is ok to simply say yes or no without further explanation.

Scripture References for this study: [2 Corinthians 10:3-5](#), [Philippians 4:6-9](#), [Prov 17:22](#), [Galatians 5:1](#), [Matthew 11:28-30](#), [Isaiah 40:29-31](#), [2 Corinthians 2:5-11](#), [Matthew 5:37](#) and [Lamentations 3:22](#)



**LIVE**

- Capture Your Thoughts
- Carry Freedom
- Combat Burnout

Application Question: What are some ways you can recognize and combat burnout this week?



**LEAD**

**Ask Yourself:** Am I contributing to a work environment that exhorts burnout or a healthy balance?