

BBCC Bible Study Notes
“Overcoming Emotional Exhaustion”
May 24, 2020

From the story of Elijah in I Kings 19

What causes emotional exhaustion?

#1: Conflict (vs. 1-2)

#2: Failure (vs. 1-2)

#3: Fear (vs. 3)

#4: Loneliness (vs. 3-4)

Common mistakes we make when we are emotionally exhausted:

Mistake #1: We focus on feelings rather than facts. (vs.4)

Mistake #2: We take responsibility for things we cannot control. (vs. 10)

Mistake #3: We exaggerate the negative. (vs. 10b)

God’s cure for emotional exhaustion:

1. Rest your body (vs. 5-9a)

2. Release your frustrations (vs. 14)

3. Refocus on God (vs. 11-13)

BBCC Verse of the Week: “Find rest, O my soul, in God alone. My hope comes from Him.”
Psalm 62:5 NIV

NOTE: Adapted from a message outline by Pastor Rick Warren

Sunday: Feeling like a failure can deplete us emotionally. Psalm 145:14 says, *“The Lord upholds all who fall and lifts up all who are bowed down.”* Failure can be a “tyrant” that cripples us and keeps us from moving forward. Failure can also be a “teacher” that shows us where we need to change and grow. Confess your failure to God, ask for His forgiveness and allow God to “lift you up” today.

Monday: *“Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.”* (Isaiah 41:10 NASB) For the past several months many people have been living in fear—the fear of losing loved ones, losing their health, their business, or their job. Living in a state of fear and anxiety depletes our emotional energy. According to this verse what are some good reasons NOT to be afraid? Ask God to help you trust Him to strengthen you, help you and uphold you today.

Tuesday: *“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”* (Romans 8:38-39 NIV) Loneliness can cause emotional exhaustion. When you are a follower of Christ, nothing can ever separate you from God’s love. Because this is true, you never have to face anything in your life alone. Thank God today that He is always with you.

Wednesday: *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* (Matthew 11:28-30 NIV) When we are emotionally exhausted we need rest for our bodies and for our souls. The yoke Jesus offers us is a symbol of living in partnership with Him. When you are yoked to Jesus you allow Him to set the pace and direction of your life. Will you choose to be yoked to Jesus today?

Thursday: *“My eyes are ever on the Lord, for only he will release my feet from the snare.”* (Psalm 25:15 NIV) There are many things can “snare” us: fear, doubt, discouragement, and disobedience. When we are emotionally exhausted by these snares what can we do? Refocus on God. I encourage you to keep your eyes on the Lord by praying throughout the day. Tell God what you are thankful for and ask Him for what you need.

Friday: *“I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out before him my complaint; before him I tell my trouble.”* (Psalm 142:1-2 NIV) One important way to deal with emotional exhaustion is to talk to God about it. You can tell God about your frustrations, your fears, your problems and your pain. We can pray in this way being confident that God understands and that He cares. What feelings do you need to express to God today?

Saturday: *“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* (Ephesians 2:10 NIV) In order to overcome discouragement and exhaustion we need to remember God’s purpose for our lives. God has promised to give us His power to accomplish His purpose (Acts 1:8) We can become exhausted when we try to live up to the expectations that others place on us or even the expectations we place on ourselves. Ask God to show you what He expects you to do today and ask Him for the strength to do it.

