



OVERCOMING STRESS AND BURNOUT

NUMBERS 11:15; EXODUS 16; EXODUS 33;
NUMBERS 11:31-32; NUMBERS 11:16-30;
EXODUS 18:13-26; NUMBERS 11:16-30

QUESTIONS TO CONSIDER:

1. What was your takeaway from the message and why? Was there anything that surprised you?
2. What are the "stressors" in your life? How do you typically deal with your stress?
3. **Read Numbers 11:1-15.** Take some time as a group and identify the signs of burnout that you can find in this story. What verses are they in? Can you relate to verse 15?
4. Looking below at the stages of burnout, do you identify with any of these stages? Why?
 - STAGE 1. EMOTIONAL EXHAUSTION.
 - STAGE 2. INCREASED FREQUENCY AND DURATION OF NEGATIVE ASSESSMENT.
 - STAGE 3. LOSS OF EMOTIONAL STABILITY, PERSONAL DISCIPLINE, AND RESILIENCY.
 - STAGE 4. ISOLATION.
 - STAGE 5. DIMISHED WORK EFFECTIVENESS.
 - STAGE 6. IDENTITY IMPAIRMENT AND CONFUSION
5. Read Numbers 11:16-32. Which of the three things God did for Moses do you need the most (take care of us physically, reminds us of the big picture, provides a partner to help)? Why would this help you right now?
6. God took care of his/their physical needs. How are you doing physically? Are you eating right? Are you getting enough sleep? What proactive things do you need to improve in these areas? Do you think this is important to God? Why or why not?
7. The urgent can often overpower the important. What does this mean? Have you ever experienced this in your life? Why do we often find ourselves in this position?
8. It is in isolation that Satan gets to us. How do you avoid isolation in your life? Can a person be in isolation and still be in the presence of people? How? What are some signs that people are isolating themselves? What might you do to help them?
9. Read Philippians 4:13. What does this verse say about God? What does this verse say about me?
10. Who do I need to share this with or invite to join me on this journey?



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