

**Daily Devotional Code for Week 3**

**Refocus on Your Future: 9U23TY96**

**Daily Devotional Code for Week 4**

**Play to Your Strengths: QHGW6XJS**

**Daily Devotional Code for Week 5**

**Refuse to Go it Alone: KXVSPFFQ**

**Daily Devotional Code for Week 6**

**Replace Burnout with Balance: 6JWH7TUY**

**Memory verse for Week 6:**

*"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10*

**Monday**

Ray Johnston

**Tuesday**

Judah Smith

**Wednesday**

Lee Cockerell

**Thursday**

John Ortberg

**Friday**

Bob Goff and Curt Harlow

**Saturday**

Curt Harlow

**Sunday**

Ray Johnston

**2 Bonus Messages:**

Miles McPherson

Ray Johnston

**Additional Resources:**

*How to Beat Burnout* by Minirth, Hawkins, Meier, and Flournoy

*The Stress Factor* by Paul Meier and Frank Minirth

*Margin* by Dr. Richard Swenson

*Avoiding Personal Burnout* (Saddleback Resources) by Rick Warren



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# 50 Days of UNLEASHING HOPE

Message by Rick McRostie on Sunday, March 22, 2015

## Replace Burnout with Balance Week 6

### Review

#### Week 1 – Recharge Your Batteries

Develop your supply lines:

Supply line #1 – Invest in your own growth.

Supply line #2 – Understand the power of worship.

Supply line #3 – Unleash the Bible into your life.

Supply line #4 – Build Great Relationships.

Supply line #5 – Pay attention to whose voice you are listening to.

#### Memory verse for Week 1:

*"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31*

#### Week 2 – Raise Your Expectations

5 Attitudes and Actions that will help you become a person who expects great things:

A) Believe impossible things are possible.

B) Believe that God has better days ahead.

C) Realize the power of perspective.

D) Replace F.E.A.R. with F.A.I.T.H. (see page 66 in the HQ book)

E) Replace "What if" with Why not?"

#### Memory verse for Week 2:

*"Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'" Matthew 19:26*

#### Week 3 – Refocus on the Future

The 5 benefits of focusing on what you can become versus what you are:

Benefit #1 Passion Replaces Apathy and Discouragement

Benefit #2 You Experience Great Comebacks

Benefit #3 Grace Frees You; Future Vision Fuels You

Benefit #4 You Are Set Free to Dream!

Benefit #5 Forward Momentum Stabilizes and Energizes

#### Memory verse for Week 3:

*"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:13-14*

#### Week 4 – Play to Your Strengths

How do I get started using my gifts?

STEP 1: Dedicate my life to Christ

STEP 2: Eliminate any distractions

STEP 3: Evaluate my areas of giftedness

STEP 4: Activate my gifts by starting to serve

#### Memory verse for Week 4:

*"For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline." 2 Timothy 1:6-7*

## Week 5 – Refuse to Go it Alone

The five relationships we all need: Vision Casters, Soul Sharpeners, Model and Mentors, Heart Healers, Tail Kickers

### Memory verse for Week 5:

*“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” Ecclesiastes 4:9-10*

# Replace Burnout with Balance

## 1 Kings 19 - Elijah

1 Kings 19:1-4

*1 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”*

*3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day’s journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.”*

### Four signs I’m approaching burnout:

#### 1. I \_\_\_\_\_

*“I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” 1 Kings 19:4*

#### 2. I \_\_\_\_\_

*“He replied, ‘I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.’” 1 Kings 19:10*

#### 3. I \_\_\_\_\_

*“I’m the only one left and they’re trying to kill me.” 1 Kings 19:10b & 19:14*

#### 4. I \_\_\_\_\_

*“I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” 1 Kings 19:4*

## How to get my life back into balance:

### 1. \_\_\_\_\_

1 Kings 19:5-8

*5 Then he lay down under the tree and fell asleep. All at once an angel touched him and said, “Get up and eat.” 6 He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.*

*7 The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” 8 So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.*

### 2. \_\_\_\_\_

1 Kings 19:9–10

*9 There he went into a cave and spent the night. And the word of the LORD came to him: “What are you doing here, Elijah?”*

*10 He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”*

*“Cast all your anxiety on him, because he cares for you.” 1 Peter 5:7*

### 3. \_\_\_\_\_

1 Kings 19:11–12

*11 The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. 12 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.*

### 4. \_\_\_\_\_

*“Go back the way you came to the desert of Damascus. When you get there, anoint Hazael ...and Jehu ...and Elisha.” 1 Kings 19:15,16*

**For Daily Video Devotionals go to: <http://unleashinghope.com/weeklymedia/>**

**Daily Devotional Code for Week 1**

**Recharge Your Batteries: 2WRFEDST**

**Daily Devotional Code for Week 2**

**Raise Your Expectations: CUZYCU3E**