



“The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul...”
 Psalm 23:1-3a (NKJV)

SHEPHERDS _____, _____ & MEET _____.

BURN OUT HAPPENS WHEN WE LOOK TO ANYTHING OTHER THAN _____ To _____ Us.

4 WAYS TO OVERCOME BURNOUT

1. _____ How _____ YOU ARE TO GOD.
 God says, *“I have engraved you on the palms of My hands.”*
 Isaiah 49:16a (GW)

2. _____ GOD To _____ YOUR _____.
“The Lord is my shepherd; I have everything I need.”
 Psalm 23:1 (NLT)

“It is senseless for you to work so hard from early morning until late at night, fearing and worrying that you won't have enough, for God wants His loved ones to get their proper rest.”
 Psalm 127:2 (LB)

“...your Heavenly Father knows exactly what you need even before you ask Him!
 Matthew 6:8 (NLT)

3. TRADE IN YOUR CHAOTIC _____ FOR A NEW _____.

“He makes me to lie down in green pastures; He leads me beside the still waters.”
 Psalm 23:2 (NKJV)

“You have six days in which to do your work, but the 7th day is to be a day of complete rest dedicated to Me.”
 Exodus 20:9-10a (TEV)

DISTRACT _____, WITHDRAW _____ & ABANDON _____.

4. ASK GOD TO REPLACE YOUR _____ WITH HIS _____.
“He restores my soul...”
 Psalm 23:3a (NKJV)

Jesus: *“Are you tired? Worn out? Burned out? Come to Me! Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly.”*
 Matthew 11:28-30 (message)

Jesus: *“I came so that everyone would have life, and have it in its fullest. I am the good shepherd, and the good shepherd gives up His life for His sheep.”*
 John 10:10b-11 (CEV)