

STUCK IN A RUT OF BURNOUT AND EXHAUSTION

困在無休止的倦怠和疲憊中

STUCK SERIES - WEEK 4

陷入困境系列 – 第四週

4He came to a broom bush, 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

5Then he lay down under the bush and fell asleep..." 1 Kings 19:4-5

⁴ 他自己卻在曠野走了一天的路，來到一棵羅騰樹下，就坐在那裡求死，說：“耶和華啊，現在已經夠了，求你取我的性命吧，因為我並不比我的列祖好。” ⁵ 他躺在那棵羅騰樹下，睡著了……” 列王紀上 19:4-5

1. Elijah needed REST. 以利亞需要休息。

5...all at once an angel touched him and said, "Get up and eat.

6 He looked around, and there by his head was some 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." 1 Kings 19:5-7

⁵ ……忽然有一位天使拍他，說：“起來，吃吧！” ⁶ 他張眼一看，只見頭旁有用炭火烤的餅和一瓶水。他就起來吃喝，然後又躺下去。⁷ 耶和華的使者第二次回來拍他，說：“起來吃吧！因為你要走的路程太遠了。” 列王紀上 19:5-7

Rest Checklist: 休息清單

- Are you getting 7 - 8 hours of sleep a night? Yes ____ No ____
你是否每晚有 7-8 小時的睡眠? 是____ 不是 ____
- Are you eating properly? Yes ____ No ____
你是否有適當的飲食? 是____ 不是 ____
- Are you working out? Yes ____ No ____
你是否有健身? 是____ 不是 ____
- Are you seeing your doctor regularly? Yes ____ No ____
你是否有定期看醫生? 是____ 不是 ____
- Are you taking a weekly rest day? Yes ____ No ____
你是否有每星期休息一天? 是____ 不是 ____

2. Elijah needed a **RESET**. 以利亞需要重新調整。

10 He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn 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."

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.

13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

14 He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn 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 19:10-14

¹⁰ 他說：“我為耶和華萬軍的神大發熱心，因為以色列人背棄了你的約，拆毀了你的祭壇，用刀殺死了你的眾先知，只剩下我一個人，他們還在尋索，要取去我的性命。”

¹¹ 耶和華說：“你出來站在山上，在我耶和華面前。”那時，耶和華從那裡經過。在耶和華面前有強烈的大風，山崩石碎，但耶和華不在風中；風過以後有地震，但耶和華也不在地震中；¹² 地震過後有火，耶和華也不在火中；火後有低微柔和的聲音。¹³ 以利亞聽見了，就用自己的外衣蒙著臉，走出來，站在洞口。忽然有聲音向他說：“以利亞啊，你在這裡幹甚麼？”¹⁴ 以利亞說：“我為耶和華萬軍的神大發熱心，因為以色列人背棄了你的約，拆毀了你的祭壇，用刀殺了你的眾先知，只剩下我一個人，他們還在尋索，要取去我的性命。” 列王紀上 19:10-14

We can tell ourselves a STORY when all the facts aren't clear.

當所有事實都不清楚時，我們可以給自己講一個故事。

3. Elijah needed to **REFOCUS**. 以利亞需要重新聚焦。

15 The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. 16 Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. 1 Kings 19:16

¹⁵ 耶和華對他說：“你離去吧，從你來的路回到大馬士革的曠野去。你到了那裡，就要膏哈薛作亞蘭王。¹⁶ 又要膏寧示的孫子耶戶作以色列王，還要膏亞伯·米何拉人沙法的兒子以利沙接續你作先知。列王紀上 19:15-16

What are three things God is calling me to focus on in this season?

在這一季，神要我關注哪三件事？

1. _____

2. _____

3. _____

Today's Big Idea...今日主旨……

Healing from burnout is not merely about doing LESS

治愈倦怠不只是要少做事

But allowing Jesus to do MORE.

而是要容讓耶穌做更多。

Discussion Questions:問題討論

1. Share a time when you've been stuck.
分享你曾經受困的一刻。
2. Can you relate to Elijah (who experienced burnout)? How and why?
你能夠理解以利亞（一個經歷過倦怠的人）嗎？如何以及為什麼？
3. What are your default stress points?
什麼是你既定的壓力點？
4. Share your rest checklist. What other ways do you find rest?
分享你的休息清單。你還有什麼其他的休息方式？