

Burnout often leads to bad decisions, bruised relationships, and broken boundaries.

How do I beat burnout?

- With a position of _____.

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. **7** Cast all your anxiety on him because he cares for you. **8** Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. **9** Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. 1 Peter 5:6-9

"With these words Peter simply reflected upon what he had learned from Jesus: we don't raise ourselves away from the earth on our own; we wait for God to lift us up. Interesting in that it is in living things' close proximity to and deep rootedness in the ground where growth occurs. It's where we gain perspective, in the low places, in the dirt. That which is bent low rises in the glory of God—eventually and ultimately." Marlena Graves

Statements on humility:

- Humility is powering down rather than powering up.
- Humility is going low rather than going high.

"Worry is sin because it denies the wisdom of God; it says that He doesn't know what He's doing. It denies the love of God; it says He does not care. And it denies the power of God; it says that He isn't able to deliver me from whatever is causing me to worry."

Pride is the great _____ of life while humility is the great _____ of life.

The way of humility says:

- I choose to _____ in God rather than _____ it on God.

The question I must ask myself is this. Am I believing in God or am I blaming God?

- Next week, don't miss out on our new series, "Airplane Mode" and our 21 Days of Prayer. All of the details can be found on our [events page](#).