

Let's Talk About Mental Health

The evidence is all around us—people of all ages are struggling with their mental health like never before. And not acknowledging the struggle isn't helping. So that's what we are going to do at The Hills—talk about mental health. We invite you to join us for a conversation that will be full of honesty, compassion, and hope...because Jesus is being invited too.

Week 5: Let's Talk About Burnout

1. Rick began by saying, *"I do not believe it is possible to live a life without stress, but I do believe it is possible to live a lifestyle that does not lead to burnout."* When was the last time you felt burned out? How did that impact you and those around you?
2. **WHAT WAS THE CAUSE?** *Few figures in the scriptures are more significant than the prophet Elijah.* What stands out to you the most from the events found in 1 Kings 17 & 18? Follow up: **Read 1 Kings 19:1-4.** Rick mentioned 3 factors that contributed to Elijah's burnout (**extended isolation, unmet expectation, & meaning deprivation**). How did these factors impact Elijah and how have they impacted you at times?
3. **Read 1 Kings 19:5-18.** What resonates with you the most from this part of Elijah's story? Why do you think it's important that God responded to Elijah with a gentle whisper and not a lecture? Follow up: What can we learn about God and ourselves in times like this?
4. **WHAT WAS THE CURE? Pace your race.** What's so significant about the first thing God told Elijah to do, *"Get up and eat"* (1 Kings 19:5)? Follow up: Reflect on this idea more by responding to this statement from Rick, *"We cannot divorce our physical health from our mental health."* What is one thing you need to focus on to improve your physical health?
5. **WHAT WAS THE CURE? Make community a priority.** *Elijah's burnout was fostered by two false assumptions: that he was all alone, and that he must do it all alone.* When have you been tempted to believe these false assumptions and how did doing so impact your mental health? Follow up: What is one thing you can do to live in intentional community? How can we help one another in these ways (see **Galatians 6:2**)?
6. **WHAT WAS THE CURE? Let God own the throne.** *You will inevitably burnout as long as controlling outcomes is your job.* On a scale from 1 to 10, how much do you struggle with trying to control outcomes? Follow up: What do you need to focus on instead?
7. Rick closed by encouraging us to *"Let go of control, and hold on to the truth that God is in control."* How can putting into practice **Psalms 62:5-8** help you in this area?

