

DIDN'T
OOSSEE
IT COMING

DIDN'T SEE IT COMING



Overcoming the 7 Greatest Challenges
That No One Expects
and Everyone Experiences

CAREY NIEUWHOF

DIDN'T
O O SEE
IT COMING

BURNOUT

1 Kings 19

1 Kings 19:1-10

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.

1 Kings 19:1-10

When he came to Beersheba in Judah, he left his servant there, 4 while he himself went on a day's journey into the wilderness. He 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." 5 Then he lay down under the bush and fell asleep.

1 Kings 19:1-10

6 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.” 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.

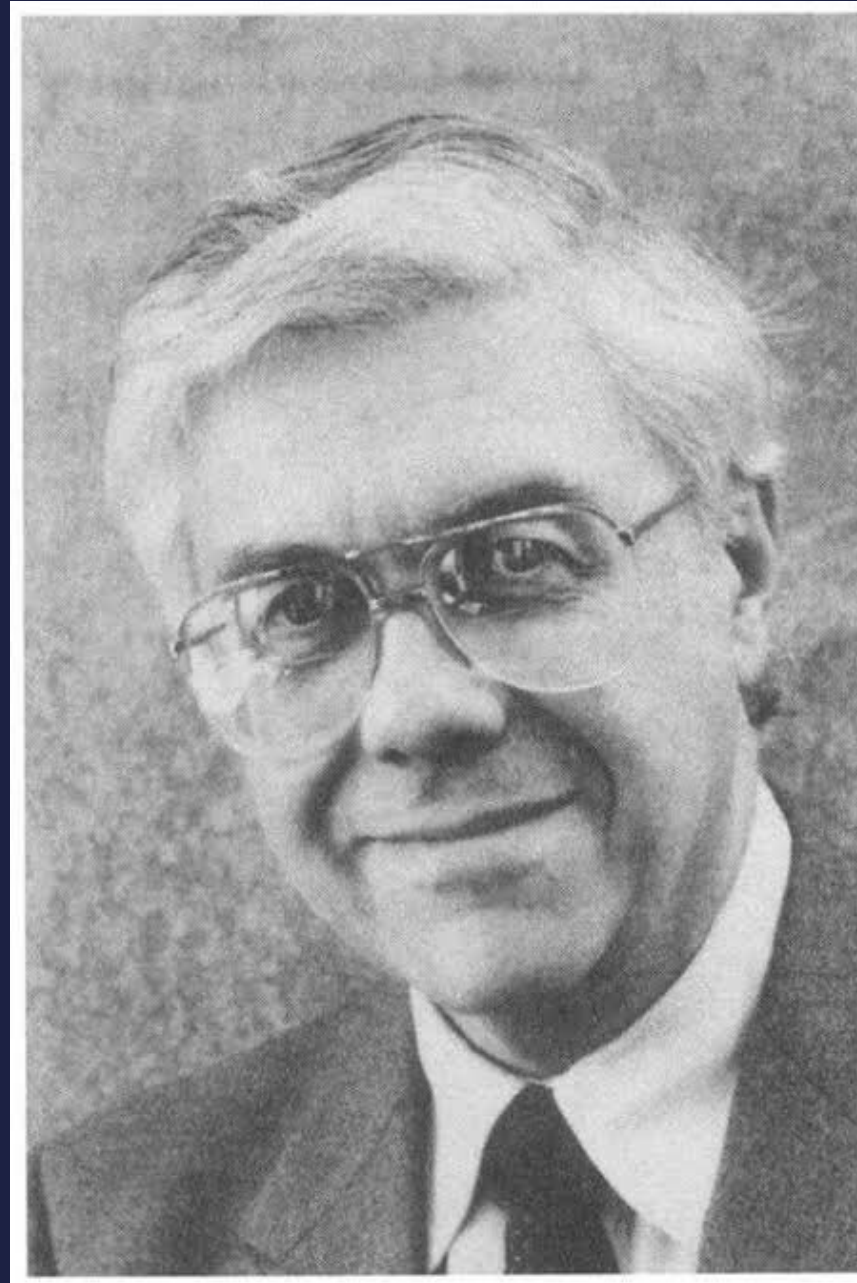
1 Kings 19:1-10

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, 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.”

BURNED OUT



DIDN'T
OSEE
IT COMING



Herbert Freudenberger



DIDN'T
O O SEE
IT COMING

BURNOUT:

Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress.

Psychology Today



**DIDN'T
O O SEE
IT COMING**

EVERYBODY CAN BURNOUT



DIDN'T
O'OSEE
IT COMING



Simone Biles

**DIDN'T
OYSEE
IT COMING**



Simone Biles

“I was struggling with some things... No injury, thankfully...I tried to go out and have fun, and warm up in the back went a little bit better, but once I came out here I was like, ‘No, mental is not there.’...I have to put my pride aside. I have to do what’s right for me and focus on my mental health and not jeopardize my health and well-being. That’s why I decided to take a step back.”

DIDN'T
O SEE
IT COMING

BURNOUT DOESN'T NECESSARILY
HAPPEN BECAUSE YOU'VE DONE
SOMETHING WRONG



DIDN'T
O'OSEE
IT COMING



Cary Niewhof



SYMPTOMS OF BURNOUT:

Depression and negative thoughts



DIDN'T
O O SEE
IT COMING

He 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.”

1 Kings 19:4

**DIDN'T
O^oSEE
IT COMING**

SYMPTOMS OF BURNOUT:

Exaggerating problems



DIDN'T
O SEE
IT COMING

“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

**DIDN'T
O'SEE
IT COMING**

SYMPTOMS OF BURNOUT:

Exhaustion beyond a week's cure



DIDN'T
O SEE
IT COMING

“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 19:14

**DIDN'T
O^oSEE
IT COMING**

SYMPTOMS OF BURNOUT:

Faded passion



DIDN'T
O O SEE
IT COMING

SYMPTOMS OF BURNOUT:

Not feeling highs and lows



DIDN'T
O O SEE
IT COMING

GOD ATTENDS TO ELIJAH'S PHYSICAL NEEDS



DIDN'T
O'OSEE
IT COMING

GOD DOESN'T LET ELIJAH QUIT



DIDN'T
O'OSEE
IT COMING

DON'T MAKE ANY
LIFE-ALTERING DECISIONS
WHEN YOU'RE BURNED OUT.



DIDN'T
O'OSEE
IT COMING



“I knew one of the most important decisions I could make was to not make any big decisions.”

Cary Niewhuf



GOD CALLS ELIJAH OUT OF HIS CAVE



DIDN'T
O'OSEE
IT COMING

And the word of the Lord came to him: “What are you doing here, Elijah?”

1 Kings 19:9

**DIDN'T
O^oSEE
IT COMING**

GOD GIVES ELIJAH
A FRESH TOUCH OF
HIS LOVE AND PRESENCE



DIDN'T
O'OSEE
IT COMING

He gives strength to the weary and increases the power of the weak...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 40:29-31

**DIDN'T
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IT COMING**