

**Bible Reading**  
**1 Kings 19:19 - 21**

<sup>19</sup> So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was driving the twelfth pair. Elijah went up to him and threw his cloak around him. <sup>20</sup> Elisha then left his oxen and ran after Elijah. "Let me kiss my father and mother goodbye," he said, "and then I will come with you."

**1 Kings 19:19 - 21**

“Go back,” Elijah replied. “What have I done to you?”

<sup>21</sup> So Elisha left him and went back. He took his yoke of oxen and slaughtered them. He burned the plowing equipment to cook the meat and gave it to the people, and they ate. Then he set out to follow Elijah and became his servant.

**1 Kings 19:19 - 21**





# **Elijah and Elisha**

**1 Kings 19:19-21**

**Speaker: Huub Bogaers**

# *Elijah and Elisha*





## *1 Kings 19:19 - 21*



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# *Elijah and Burnout:*



What went before:

- Achab / Israel is disobedient, Elijah warns, no response.
- Three years of no rain....
- On mount Carmel the Lord proves that his power over rain, by sending fire, burning the sacrifice and then sending rain.
- Elijah runs before Achabs' chariot to Samaria
- Jezebel, Achabs wife promises to kill him.

# *Elijah and Burnout:*



Result: Elijah flies and wants to die.

God *provides* by an angel:

- Food, drink, sleep
- Exercise
- A display of power and peace
- A listening ear
- Good counsel, and delegation: Elisha

# *Burnout:*



- What is it?
- Backgrounds
  - Sectors / situations / personality
- Casus from the Bible: Elijah
- Recognise the stadia
  - despair
  - frustration
  - confusion

# *Burnout: what is it?*



- Not: overworked. A few weeks of rest cures
- But: long-term exhaustion
- Hormonal unbalance (adrenalin, cortisol)
- Unhealthy lifestyle
  - Saving time
  - Instant energy fix (coffee, sugar... )
  - Unhealthy relaxing...

# *Background*



- Sectors
  - Education, care
- Situations
  - Starters, self-employed
  - Middle management
- Personality
  - Never say “no”
  - Please people
  - Perfectionism
  - Difficulty to relax

# *Casus: Elijah*



- A man like us...
- Difficult job – announcing judgement
- Difficult environment (apostate Israel)
- Personality: do it all yourself; perfectionism

# *Crisis:*

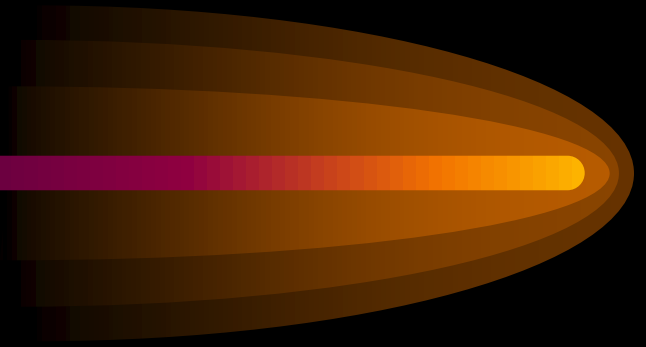


- After a difficult time: famine
- After a highlight or success - Carmel
- After a big effort – running before a chariot....
- A small setback or disappointment can trigger the burnout: the threat of Jezebel

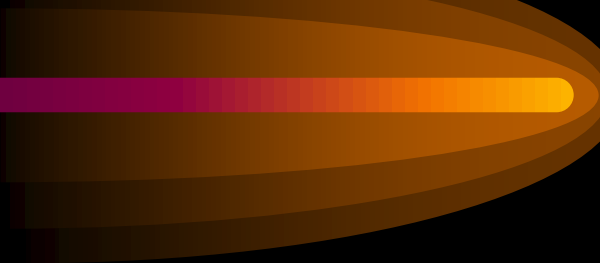


## *How it feels:*

- He drops it all
- I wish I was dead...
- I have been very zealous...
- I am the only one left...



## *The cure* (1 1Kings 19)

- Eat and drink
  - Sleep
  - Exercise – walking...
  - Finding God in the quiet place, not in excitement and drama of the storm, the earthquake, or fire.
  - Being allowed to say how you feel
  - Plan your work and life
  - Delegate your work, involve others
  - There are 7000 others left...
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# *Recognise the stages*



- **Despair**
  - Professional medical/psychological help.
- **Frustration**
  - Admit there is a problem is; individual coaching
- **Confusion**
  - Get your life in order!
- **Prevention!**

# *Prevention is better than cure*



- Prevention:
  - sleep
  - eat
  - exercise
  - relations !
  - enjoy and relax
  - take information piecemeal and digest it (TV/paper/internet)
  - plan your work and life
  - set priorities and decide what really matters
  - seek God in the quiet place

# *Elijah... and ...Elisha*

- The Lord is God
- Work alone
- Do it all yourself
- Miracles display Gods' power
- Type of John the Baptist
- The Lord saves
- Cooperation
- Relations, servant (Gehazi) company of prophets
- Miracles display Gods character and care
- Type of Jesus