BURN
Find Your Inner Fire

AT A GLANCE:
Our talk series, *BURN: Find Your Inner Fire* addresses one of the greatest epidemics the world is facing today: Burnout.

At the root of it all, burnout isn't only emotional or physical, but spiritual. *Burnout is a spiritual sickness.*

The good news: *God has the perfect antidote.* This series unpacks God's solution.

AFTER THE SERIES:
You will find a connection between your spiritual thirst and your burnout— and how you may apply God's solution to your burnout.

Talk 2: "Burn Out "

WHAT IT'S ALL ABOUT:

Talk 1, *Burn In,* defines burn as using heat to etch or write or draw or mark into a material. The talk focuses on one thing that fire does: Fire transforms anything it touches.

Talk 1 identified the first root cause of burnout: We expect from stuff what only God can provide. On our own, we burn what's inside of us-- our hunger for stuff, or success, or sex, or substances. At the right time and in the place, all those are gifts from God. But unless we put God first, all those things will just produce struggle.

Talk 2, *Burn Out,* presents the second root cause of burnout: We burn what's out there— what's outside of our reach. We struggle to control what we cannot control.

I. REVIEW THE KEY BIBLE VERSES:

Review the story of Jacob.

• The name "Jacob" means "heel-grabber" because when he was born, he was grabbing onto the foot of his twin brother Esau. Even as he was exiting his mother's birth canal, he was already say-ing, "Kuya, me first!"

• "Jacob" also means "deceiver". With the help of his mother, Jacob deceived his father Isaac and grabbed the first-born privileges of Esau.

• Jacob wrestled with God.
So Jacob was left alone, and a man wrestled with him till day-break. (Genesis 32:21 NIV)

Jacob found out who his opponent was because he asked for a blessing: *But Jacob replied, "I will not let you go unless you bless me." 27 The man asked him, "What is your name?" "Jacob," he an-swered. 28 Then the man said, "Your name will no longer be Jacob, but Israel because you have struggled with God and with humans and have overcome."* (Genesis 32:26-28 NIV)

II. ASK FOR REACTIONS AND REFLECTIONS

Ask ffor sharing of instances when members were tempted to violate their integrity to get what they want.

BURN

Talk 1: *Burn In*

Talk 2: *Burn Out*

Talk 3: *Burn Up*

Talk 4: *Big Day*

Notes:

Ask for sharing on victories in controlling:

a. Decisions
b. Words.
c. Actions.

III. PRAY FOR EACH OTHER

PRAY that the Holy Spirit will empower members so that they will stop struggling over circumstances they cannot control.

Together, declare:

If it's stuff I can control, I will work.
If it's stuff I cannot control, I will worship.
If it's stuff I can control, I will struggle.
If it's stuff I cannot control, I will surrender.
If it's stuff I can control, I will toil.
If it's stuff I cannot control, I will trust.

In Jesus' Name, I pray. AMEN.

Notes: