

# THE GREATEST CON ON EARTH | WEEK #05

It's Just Too Much! | October 16<sup>th</sup>

## WHAT'S THE ISSUE ANYWAY?

Mental exhaustion is a response to \_\_\_\_\_ overload.

Emotional exhaustion is a response to \_\_\_\_\_ overload.

Mental and Emotional exhaustion are \_\_\_\_\_.

Our spiritual traditions often unintentionally \_\_\_\_\_ us in our fatigue.

Continual emotional and mental exhaustion leads to \_\_\_\_\_.

\_\_\_\_\_ is often the sacred object.

## WHAT WISDOM DOES JESUS OFFER US?

Matthew 11:28

Jesus \_\_\_\_\_ people's exhaustion.

Jesus offered a \_\_\_\_\_ and \_\_\_\_\_ space to unpack the pain.

Jesus knew that \_\_\_\_\_ was the starting point for healing.

Jesus knew we needed an \_\_\_\_\_ viewpoint.

## DON'T MISS THIS!

Jesus offers a \_\_\_\_\_ - \_\_\_\_\_ space to acknowledge, rest and recover.

## HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

If you're feeling emotional/mental fatigue don't \_\_\_\_\_.

\_\_\_\_\_ for causes and try to reduce or remove them.

Practice emotional and mental \_\_\_\_\_ - \_\_\_\_\_.

Take advantage of a mental/emotional health \_\_\_\_\_.

## HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

\_\_\_\_\_ for others grows in our emotional and mental margin.

## WHAT IS GOD INVITING YOU INTO TODAY?

1. To simply pause and reflect on the amount of exhaustion I am currently feeling
2. To take a break, schedule time to rest and recover
3. To reach out to a mental/health professional because I am in burnout

## THOUGHT-PROVOKING QUESTIONS:

1. Are there seasons in your life where you feel a sense of emotional and mental exhaustion? What are the contributing factors?
2. Can you think of a time where you began to feel emotional and mental exhaustion but you were able to rest and recover before it became overwhelming?
3. Who in your life is a non-judgmental presence that will listen and offer rest?
4. How do you “come to Jesus” when you are weary or burdened? What spiritual practices help you find rest?
5. What are some of your current self-care practices?
6. Do you agree that there is a relationship between how we love ourselves and how we love other people? Why or why not?

