

How To Avoid Leadership Burnout

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Moses heard the people, family after family, crying at the entrance of their tents. The Lord was very angry; Moses was also provoked. So Moses asked the Lord, "Why have You brought such trouble on Your servant? Why are You angry with me, and why do You burden me with all these people? Did I conceive all these people? Did I give them birth so You should tell me, 'Carry them at your breast, as a nursing woman carries a baby,' to the land that You swore to give their fathers? Where can I get meat to give all these people? For they are crying to me: 'Give us meat to eat!' I can't carry all these people by myself. They are too much for me. If You are going to treat me like this, please kill me right now. If You are pleased with me, don't let me see my misery anymore." (Numbers 11:10-15)

10 Signs of Unhealthiness

1. You are using God _____
2. You are ignoring the emotions of _____
3. You are _____ to the _____
4. You are _____ on the present
5. You are dividing your life into " _____ "
and " _____ "
6. You are doing for God instead of _____
7. You are _____
8. You are covering over _____
9. You are _____ without limits
10. You are judging other people's _____

Rule of Life

Prayer

- _____
- _____
- _____
- _____

Rest

- _____
- _____
- _____

Work/Activity

- _____
- _____

Relationships

- _____
- _____
- _____