

I've Had Enough

July 18 & 19, 2026

STORIES
of
STRUGGLE

God restores me _____ before He uses me powerfully.

Three Signs I'm "Burning Out"

- I'm _____ drained and can't even think about helping others.
- I'm _____ empty and get very little out of my relationship with God.
- I'm _____ overwhelmed and even the easiest tasks seem overwhelming.

Remember:

Sometimes burnout happens right after my greatest _____.

1 Kings 19:4 (NLT)

Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

God doesn't abandon exhausted people,
He _____ them.

God Restores Me When I:

1

_____ when I've reached my limit.

1 Kings 19:4c (NLT)

"I have had enough, LORD," he said.

Remember:

The most spiritual thing I can do is tell God the _____.

Three Reasons Burnout Continues:

- I keep _____.
- I keep _____.
- I keep _____.

Honesty is the first step toward _____.

Psalms 56:8 (NLT)

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

Lamentations 3:32-33 (NLT)

Though he brings grief, he also shows compassion because of the greatness of his unfailing love. For he does not enjoy hurting people or causing them sorrow.

2 _____ the care I've been denying myself.

1 Kings 19:5-6 (NLT)

Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

Remember:

**God cares more about my _____
than my productivity.**

Sometimes the holiest thing I can do is _____.

Matthew 11:28 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Psalms 23:2-3 (NLT)

He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name.

Two Warnings About Resisting Rest:

- I make my worst decisions when I'm _____.
- Everything feels darker when my soul is _____.

Five Major Needs for the Weary:

- More _____
- Greater _____
- Healthier _____
- _____ Alone with God (TAWG)
- Doing something that _____ and refreshes me

1 Kings 19:10 (NLT)

Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

Lies of Elijah:

- I'm all _____.
- Nothing is _____.
- It's all on _____.

None of these were _____.

Remember:

Exhaustion changes _____.

Burnout _____ problems and minimizes hope.

1 Kings 19:18 (NLT)

"Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!"

Romans 12:2 (NLT)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

_____ with God before trying to do more for God.

1 Kings 19:11-12 (NLT)

"Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper.

Two Facts:

- I don't need another assignment, I need more of God's _____.
- Productivity can never replace _____ with God.

1 Kings 19:15-16 (NLT)

Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet.

Remember:

My exhaustion doesn't cancel God's _____.

Romans 5:3-5 (TPT)

But that's not all! Even in times of trouble we have a joyful confidence, knowing that our pressures will develop in us patient endurance. And patient endurance will refine our character, and proven character leads us back to hope. And this hope is not a disappointing fantasy, because we can now experience the endless love of God cascading into our hearts through the Holy Spirit who lives in us!

2 Corinthians 4:16-18 (NLT)

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

Three Realities During My Exhaustion

- God still has _____ for me.
- God still has His _____ on my life.
- God still has _____ to do in my life.

2 Kings 2:11 (NLT)

As they were walking along and talking, suddenly a chariot of fire appeared, drawn by horses of fire. It drove between the two men, separating them, and Elijah was carried by a whirlwind into heaven.

Philippians 1:6 (NLT)

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

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R e c e i v e the care I've been denying myself.

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- Everything feels darker when my soul is d e p l e t e d .

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- Greater m a r g i n
- Healthier r h y t h m s
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3

S e p a r a t e exhaustion from truth.

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S p e n d t i m e with God before trying to do more for God.

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