

Elijah's 'burnout': 1 Kings 19

- Fear (v3)
- Isolation (v4)
- Resignation (v4)
- Exhaustion (v5)

A photograph of five lit matches standing upright. The matches are of varying lengths, and the flames are bright yellow and orange. The background is black.

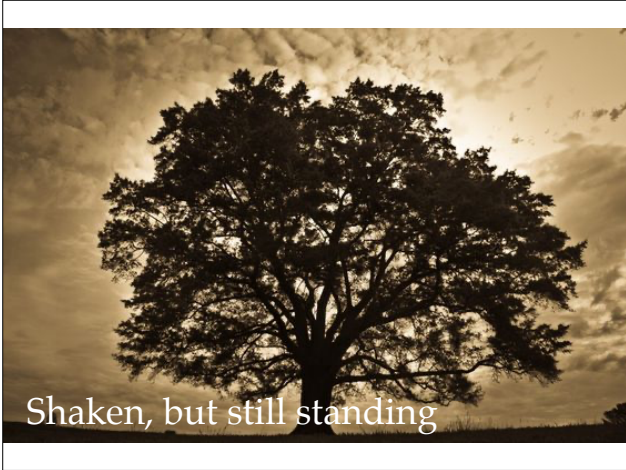
"Burnout is what happens when our inner walk with God isn't sufficient to sustain our outer work for God."

—Sean Nemecek

LEADING IN THE CURRENT CLIMATE

- ✓ Post-pandemic
- ✓ Geo-political and economic turmoil
- ✓ Cultural shifts
- ✓ Fragmentation and tribalism
- ✓ Leadership challenges
- ✓ Personal crises

A colorful illustration of a person in a blue shirt and red pants holding a megaphone. Surrounding the person are various icons: a clock, a calendar, a lightbulb, a laptop, and a speech bubble. The background is a mix of purple and blue.



Disciples before leaders

'Jesus went up on a mountainside and called to him those he wanted, and they came to him. He appointed twelve that they might be with him and that he might send them out to preach and to have authority to drive out demons.'

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Walking with
Jesus means
RELATIONSHIP



"I seek to find my identity in Christ and to derive my sense of worth and value from the fact of my belovedness, the knowledge that I am loved unconditionally and unchangeably by God."

—Tony Horsfall

"We wander when we lose the wonder of who the Father is, when we lose the wonder of his love for us, and when we lose the wonder of who we are to him."

—Mags Duggan

Walking with
Jesus means
REST



"Sabbath keeping honours the body's need for rest, the spirit's need for replenishment and the soul's need to delight itself in God for God's own sake."

—Ruth Haley Barton

"I wonder if the real reason we resist actually moving into solitude may have more to do with the anxiety that comes as we pull away from that which we have allowed to define us externally."

—Ruth Haley Barton

"...an inner life that seemed at peace with the life everyone else sees."

—John Ortberg on Dallas Willard

"He was free to rest because he trusted in the Father's presence, help and enabling. Thus he was able to work from (or out of) a place of rest, living with the relaxed posture of faith."

—Tony Horsfall

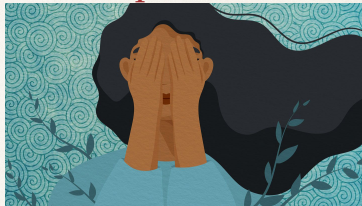


Learning from depression



Learning from depression

- ✓ Learning to accept limits



Living within limits...honors the deepest realities of the life God has given us. Life in this body at this age and stage. Life in this personality. Life with this community. Life in the midst of this calling.

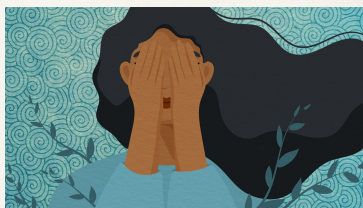
Learning from depression

- ✓ Learning to accept limits
- ✓ Learning to accept that there are seasons



Learning from depression

- ✓ Learning to accept limits
- ✓ Learning to accept that there are seasons
- ✓ Learning to let myself off the hook



"His yoke is kind and his burden is light. That is, his yoke is a nonyoke and his burden is a nonburden. What helium does to a balloon, Jesus's yoke does to his followers. We are buoyed along in life by his endless gentleness and supremely accessible lowliness."

-Dane Ortlund

Walking with
Jesus means
ROOTEDNESS



"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you."

—John 15:15

Walking with
Jesus means
ROOTEDNESS



"He chose a few individuals 'whom he wanted'... and he chose them first and foremost to be with him and, by virtue of their relationship with him, to be present with each other. Out of that togetherness and without much of a strategy, they changed the world."

—Ruth Haley Barton



**Resilience in
Life and Faith**

Finding your strength in God



Tony Horsfall and Debbie Hawker

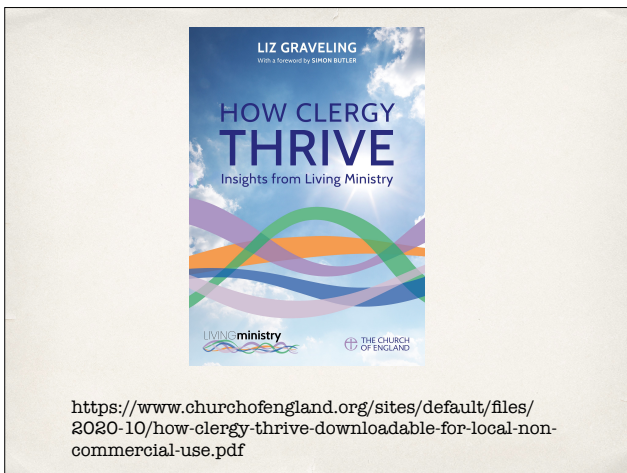
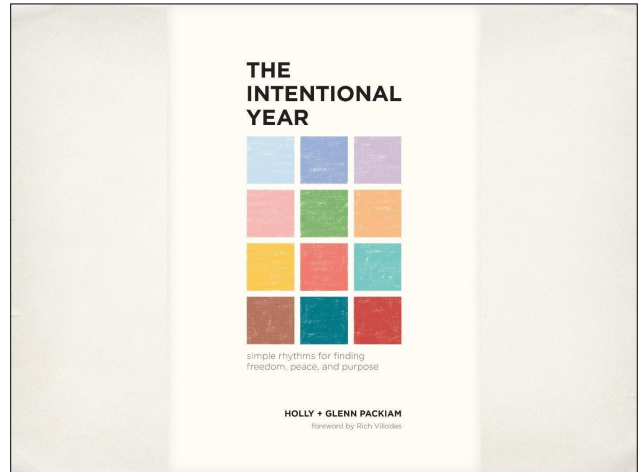
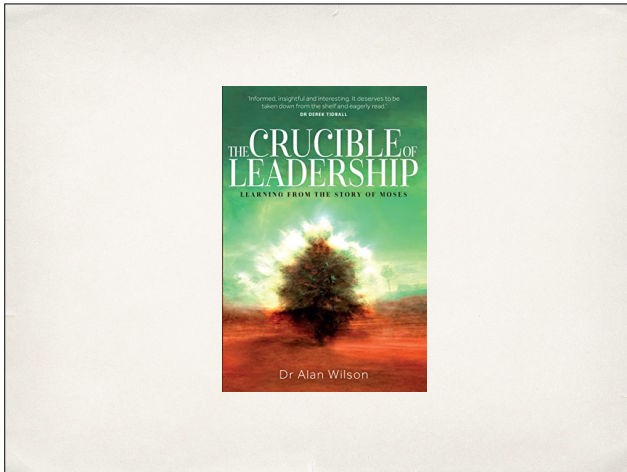
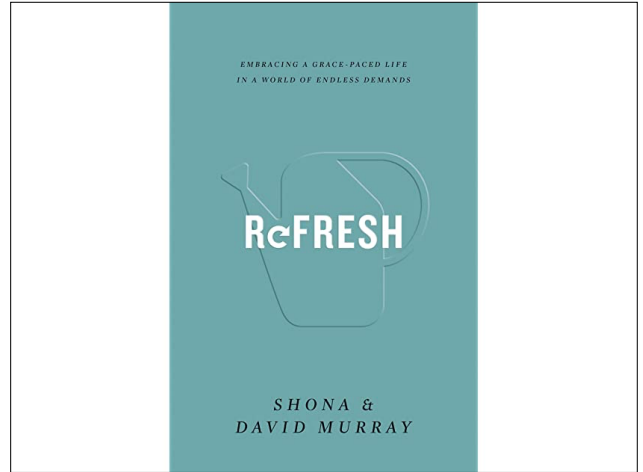
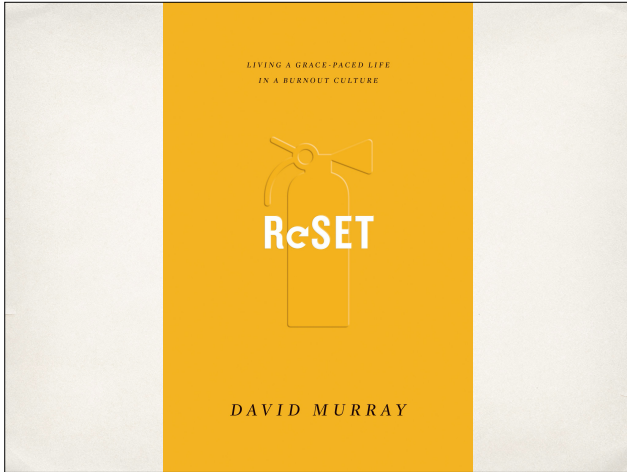
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SURVIVING AND THRIVING

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