

# **FIGHTING BURNOUT** **WITH THE WORD OF GOD**

This month let's pay more attention to our daily routines, interactions, and thoughts that may cause spiritual, mental, and physical burnout.



*Please grab your bible or bibleapp to read the following scriptures and practice fighting negative thoughts with the word of God.*

## **MATTHEW 11:28-30**

**Are you feeling weary? Jesus invites those who are weary and burdened to come to him, and promises to give them rest.**



## **ISAIAH 40:28-31**

**If you are ready to give up, remember who God is! He gives strength to the weary and increases the power of the weak.**

## **PSALM 23**

**God guides us to lie down in rich green pastures, sometimes needing to gently lead us to rest, especially when we are hesitant to do so independently.**

## **PHILIPPIANS 4:6-7**

**We should make our requests known to God through prayer, thanksgiving and supplication. God's peace will guard our hearts and minds.**



## **PSALM 62:1-2, 7-8**



**It is important to check your foundation and where you find strength and refuge. Who do you trust in?**

**JOIN THE GROUP DEVOTIONAL BELOW "A CURE FOR BURNOUT!"**

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7/11/24