



Warm Up | Preventing Burnout

August 30 | Pastor Matt Anderson

WARM UP

1. How you ever felt “burned out”? How did it happen?
2. What stood out to you in today’s message?

DIG IN

3. Discuss the myth about burnout. Why do people assume that burnout happens to us as if we can’t prepare or prevent it?
4. Read Matthew 25:1-12. Why couldn’t the wise maidens share oil? What habits and attributes must be cultivated by each individual to prevent burnout?
5. Read Matthew 11:28-30. What does it mean to “come to Jesus” as an individual and within a group of believers?

WRAP UP

6. Where will you “get oil” this fall? What will keep you from burning out? Are you connected to a Community Group or Serving Team yet?
7. Read Matthew 5:14-16 and think of people in your life who are at risk of burnout. How can we “shine” in such a way that they are drawn to God’s light through us?



Series: Warm Up
Title: Preventing Burnout
Matt Anderson

The Myth about burnout

Matthew 25:1-5

Everyone grows _____ over time

Why do some _____ and others _____?

Matthew 25:6-9

Relying on others...

The truth about burnout:

Matthew 25:10-11

Someday, life's door will _____.

Am I next to _____?

Matthew 25:12-13

Wise people ask:

Surprise Community Groups & Serving Teams

John 8:12 says Jesus is the _____ of the world.

Matthew 5:14-16

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