



**TAPPED  
OUT**



# **Jeremiah 12:1-5**

**You are always righteous, LORD,  
when I bring a case before you.**

**Yet I would speak with you about your justice:**

**Why does the way of the wicked prosper?**

**Why do all the faithless live at ease?**

**<sup>2</sup> You have planted them, and they have taken root;  
they grow and bear fruit.**

**You are always on their lips  
but far from their hearts.**



# **Jeremiah 12:1-5**

**<sup>3</sup> Yet you know me, LORD;  
you see me and test my thoughts about you.  
Drag them off like sheep to be butchered!  
Set them apart for the day of slaughter!**

**<sup>4</sup> How long will the land lie parched  
and the grass in every field be withered?  
Because those who live in it are wicked,  
the animals and birds have perished.  
Moreover, the people are saying,  
“He will not see what happens to us.”**



# **Jeremiah 12:1-5**

**5 “If you have raced with men on foot  
and they have worn you out,  
how can you compete with horses?  
If you stumble in safe country,  
how will you manage in the thickets by the  
Jordan?**



# **Characteristics of Burnout**

- **Characteristics of Burnout:**
- **Chronic Exhaustion**
- **Lack of Motivation**
- **Cynicism**
- **Wavering Concentration**
- **Unnecessary Conflict**



# **Burnout**

**When the demands placed on you  
exceeds the resources available to you**



# **1. Consult the Creator**

**Jeremiah 12:1**

**You are always righteous, LORD,  
when I bring a case before you.  
Yet I would speak with you about your justice:  
Why does the way of the wicked prosper?  
Why do all the faithless live at ease?**



## **2. Fix Your Focus**

**Jeremiah 12:5**

**5 “If you have raced with men on foot  
and they have worn you out,  
how can you compete with horses?  
If you stumble in safe country,  
how will you manage in the thickets by the  
Jordan?**



# **3. Seek The Kingdom**

**Matthew 6:10**

**<sup>10</sup> your kingdom come,  
your will be done,  
on earth as it is in heaven.**