

## Lesson 1

# “Search Me, O God”

## Recognizing How We Got Here

**Burnout** rarely comes suddenly. Most of the time, it builds little by little through hidden pressures, expectations, and habits that wear us down. Before we look at solutions, we pause and ask: How did I get here? Simply noticing is the first step toward healing.

### Here are some things to reflect on as you begin

#### Listen to Your Body

God designed our bodies to send signals when something is off. Fatigue, headaches, anxiety, or even trouble sleeping can all be signs that the way you’re living isn’t sustainable. Instead of pushing past those signals, pause and ask: What is my body trying to tell me right now?

#### Notice Your Emotions

Emotions like dread when you wake up, irritability with loved ones, or feeling disconnected from joy are important clues. They aren’t failures – they’re invitations to pay attention. Naming how you feel before God can begin to release some of the weight.

#### Identify Stressors

For many of us, hidden stressors come from overcommitting, people-pleasing, or carrying heavy relational burdens. Maybe you’ve said “yes” to too much, or you’re trying to hold things together that God never asked you to carry. Naming even one main source of stress can bring clarity.



#### Control vs. Surrender

Not everything in life is yours to manage. Some things God has entrusted to you – like how you respond to stress, how you speak to others, or whether you take time to pray and rest. Other things belong only to Him – like outcomes, timing, or someone else’s choices. Peace often begins when we can tell the difference and release what isn’t ours to carry.

#### Start Small

You don’t need to change everything at once. Sometimes, trading one stress for another is actually healthier – like choosing the physical effort of going to a prayer meeting instead of staying home with discouragement. Step by step, these small shifts add up and give your body and soul a chance to reset.

#### Awareness is a Gift

Be encouraged – recognizing where you are is not a sign of weakness. It’s God’s way of opening the door to rest, healing, and new habits with Him. Awareness is the light breaking through the fog, showing you that you don’t have to keep living burned out.

## Homework

# Reflecting on My Stressors with God

**Begin with a moment of stillness.** Take three slow breaths - inhaling, holding for a moment, and exhaling through your mouth. As you breathe, say to yourself: 'It's okay to let go now.'

## Reflection Prompts

Take a few moments to sit quietly with God before answering.

- How have you really been doing lately?
- Do you feel joy in your work and responsibilities - or are you barely keeping your head above water?
- Are you waking with peace or with dread?
- How are your relationships, your health, and your spiritual life being affected by your current pace?

## In My Control / Out of My Control

Take a few moments to reflect on the stressors in your life. Sort them into the column where they belong. This exercise helps release what is not yours to carry, while identifying where you can walk in stewardship and peace.



*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

— *Philippians 4:6-7*



## Emotional vs. Physical Stress

Sometimes choosing a small physical challenge can lift the weight of a heavier emotional burden. For example, showing up to a gathering may feel physically hard, but emotionally freeing compared to staying home in isolation.

## Reflection Prompts

- Where have I been choosing emotional stress (discouragement, isolation, avoidance) over manageable physical effort?
- What is one small way this week I can exchange emotional stress for healthy, physical action?

## One Step Forward

From your list of stressors, choose just one area to work on this week.

## Notice With God

Ask the Holy Spirit to bring awareness to the real sources of stress in your life. What patterns, habits, or fears keep showing up? What emotions surface when you feel overwhelmed? Let God reveal what's beneath your exhaustion.



## Reflection Prompts

- What situations or responsibilities have been draining my energy lately, and why?
- When do I notice my body tightening, my breath shortening, or my mind racing?
- Where might I be carrying stress that isn't actually mine to carry?
- How have I seen God trying to get my attention through my fatigue, frustration, or lack of peace?

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*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

*-Matthew 11: 28-30*

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