

# Discussion Questions

Burned Out Message Series

## Connect to Group

1. If you've ever experienced intense anxiety, share—to the extent that you feel comfortable—how you felt physically and emotionally in that moment.
2. When you feel anxious, what is your go-to coping mechanism?
3. Which of the four principles below from *Burned Out* resonated with you the most and why?
  - a. Think priority, not priorities.
  - b. Work from rest.
  - c. Circle up.
  - d. Do C.A.L.M.

## Connect to God

1. In Philippians 4:4-7 Paul writes, *"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything..."*
  - a. Knowing that Paul wrote those words from prison, does that affect how much comfort you take from those verses? Explain your "yes" or "no" answer.
  - b. Share a time when you rejoiced in circumstances that were not joyous.
2. Pastor Schlie outlines how to do C.A.L.M. in his message. Identify what each letter stands for and give an example of how to practice it in everyday life.
  - a. C
  - b. A
  - c. L
  - d. M

## Apply the Teaching

1. When you're feeling anxious, practice C.A.L.M.
2. *Burned Out* is a series that was planned around offering practical and sound spiritual advice for dealing with burnout and the anxiety and stress that accompany it. Visit **[MessiahStCharles.org/BurnedOut](http://MessiahStCharles.org/BurnedOut)** to explore the resources Messiah has put together to help you head off burnout or fight it when you feel it coming on.