

**“How to Beat Burnout”  
Mark 6:30-32**

The word “Burnout” spells 7 steps that Jesus gives for coping with \_\_\_\_\_.

**B – \_\_\_\_\_ . 6:30a**  
Jesus wants to \_\_\_\_\_ with you every day through His Word.

**U – \_\_\_\_\_ . 6:30b**

**R – \_\_\_\_\_ . 6:31c**  
Jesus was always busy, but He was never in a \_\_\_\_\_.

**N - \_\_\_\_\_ and Exercise. 6:31.**

**O – \_\_\_\_\_ . 6:33-34.**  
When you start helping others, you find out your \_\_\_\_\_ are not as big as you thought they were.

**U - \_\_\_\_\_ . 6:31**  
Share your \_\_\_\_\_ with others (Galatians 6:2).

**T – \_\_\_\_\_ Management. 6:31.**

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Speak Problems Bible Relax Others Unwind  
Hurry Stress Burdens Nutrition Time Unload

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