



October 2019

BURNOUT: HOW TO BE AN OVERCOMER

Burnout. This is a term referring to the point at which a missile's fuel supply is completely expended. *HelpGuide.org* describes burnout for people as a state of mental exhaustion caused by excessive and prolonged stress. Burnout occurs when you feel overwhelmed, emotionally drained and unable to meet constant demands.

EXAMPLES FROM THE WORKPLACE

An airport Customer Service Agent stated that she experienced her week as "one with tension; stressful and lots of responsibility; accountable for safety; working in an intense industry; and taking on a passenger's stress as they walk in the door." What does God's Word say? Matthew 11:28 NASB ... "Come to Me, all who are weary and heavy-laden, and I will give you rest."

A Flight Attendant Manager stated that he has been carrying an excessive workload of many Flight Attendants at this time, in addition to the demands of the office documentation. What does God's Word say? Isaiah 41:10 NKJV ... "Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand." God's Word is an excellent source for the burned-out person. Memorize it and meditate on it. Thank God for demonstrating His power through our weaknesses.

Why does God allow the pressure of a work day to be so hard and constant? In the first place, it shows all-sufficient strength and grace much better than if we were exempt from pressure and trials. Secondly, it makes us more conscious of our dependence on Him. God is constantly trying to teach us our dependence on Him.

In Mark 14:13 NKJV we read, "And He sent out two of His disciples and said to them, 'Go into the city, and a man will meet you carrying a pitcher of water; follow him.' " The two disciples were given very detailed instructions to go to a certain town and look for a particular man performing a specific task. These instructions may have seemed unusual had it not been for the Lord speaking, but the two disciples obeyed and found

everything as Jesus said. Obedience to our Lord's commands brings fulfillment and peace. When the Lord gives you instructions, obey. Do not wait until you have it all figured out. Sometimes He withholds details from you so that you will rely on His guidance. Your obedience may affect how others around you experience Christ. What does God's Word say? 2 Corinthians 9:13 NIV ... "Because of the service by which you have proved yourselves, others will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else."

God may want to use you in the life of a burned-out colleague or passenger today in the form of encouragement. Ministering to others demands that you demonstrate strength that comes from God. You can draw strength for ministry from the Holy Spirit. Ministering from that which overflows from God prevents burnout. What does God's Word say? 2 Timothy 1:7 TLB ... "For the Holy Spirit, God's gift, does not want you to be afraid of people, but to be wise and strong, and to love them and enjoy being with them."

IN WHOM DO WE TRUST?

Isaiah 12:2 KJV ... "Behold, God is my salvation; I will trust and not be afraid: for **THE LORD JEHOVAH IS MY STRENGTH AND MY SONG.**" (*Caps are for emphasis.*) Trusting in our own strength does not produce God-sized miracles. Operating or walking in the Holy Spirit's wisdom and timing accomplishes far more than we could ask for or dream. Stand and see the hand of God working when we align ourselves with His Word through faith.

As it is with many emotional and physical experiences, like burnout, it is always comforting to search the Scriptures for answers to whatever you are experiencing. The Bible is our handbook for life.

This article was written by LeeAnn Hurtle-Nelson. LeeAnn is a Flight Attendant with Delta Air Lines and also serves on our FCAP Board of Directors.

Join with others from around the world in prayer. Our **FCAP VIDEO / PHONE PRAYER CONFERENCE** is held on the second Tuesday of each month at 10 am EDT (1400 GMT). Contact office@fcap.org or call 770.461.9320 for details.



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*"If I ride the morning winds to the farthest oceans, even there
Your hand will guide me, Your strength will support me." Psalm 139: 9-10*

ABOUT US

The **ministry of FCAP** is carried on by everyday ordinary people throughout the airline workplaces of the world who go to work with an extraordinary calling to be "salt and light."

The **FCAP ministry** is neither a special interest group, nor are we for certain issues.



FCAP is a fellowship of Christians who identify with one another through a common focus and purpose. And we desire to demonstrate how our faith in Jesus Christ can influence the people and circumstances of our workplace. We are blessed to have both airline and non-airline people who encourage and support this ministry.



VALUES

We value doing our work wholeheartedly as unto the Lord, knowing we represent Christ by the quality of our performance while on the job. (Ephesians 6:6)

We value intentionally engaging our faith in the workplace by expressing it in both deeds and words.

(1 Timothy 6:17-19)

We value influencing the people around us by creatively building relationships with them and looking out for their interests just as we do our own.

We value connecting the church in the workplace by seeking out other Christians, to mutually show our love for one another and our care for the people God has placed around us.

(John 13:35)

PERSPECTIVE & FOCUS

Most people look at work primarily as a source of income. Some even view it as a curse imposed on them as punishment from God.

The **Fellowship of Christian Airline Personnel** believes that God places a high value on work and is deeply interested in our work, our performance on the job, and our relationships with our co-workers.

FCAP's mission: *"To represent Christ in the airlines/aviation industry through meaningful relationships and quality work worldwide."*

FCAP's purpose encourages people to *know and experience God's presence with them at work and to trust Him for the enabling strength in the responsibilities and challenges of work.*

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