

FATIGUE

THE QUIET ENEMY OF LEADERSHIP

Presenter:
Timothy Janzen

SIMPLE DEFINITION



A state of extreme weariness or exhaustion from labor, exertion, or stress.

A state or attitude of indifference or apathy brought on by overexposure.

“ When you're physically and emotionally depleted, beware of the negative narratives. ”

Mark Batterson

Gradually Then Suddenly pg. 191





1 Kings 19:3-5 a

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the bush and fell asleep...

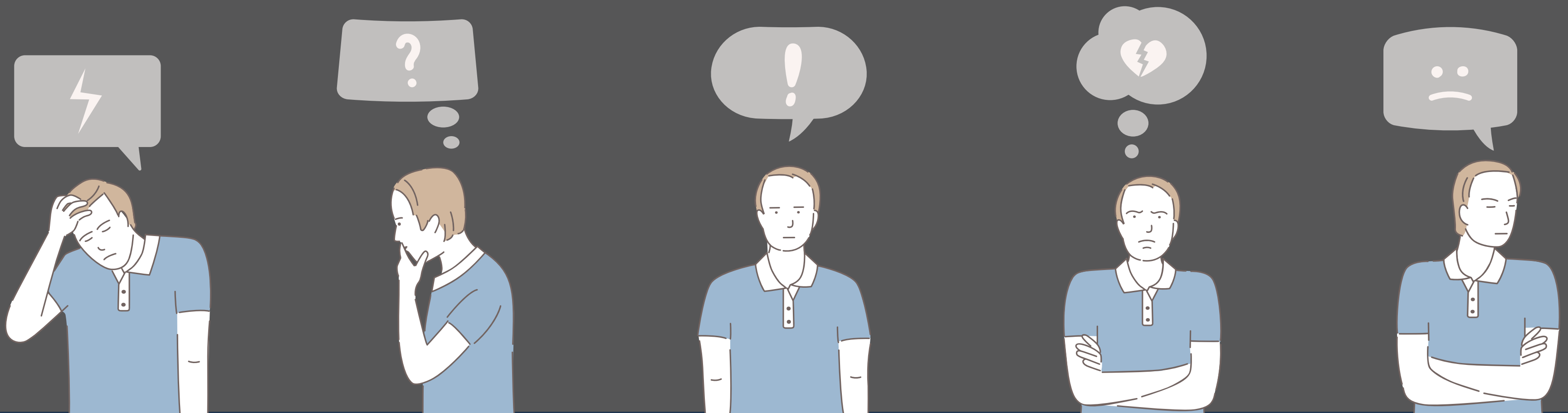
TYPES

FATIGUE



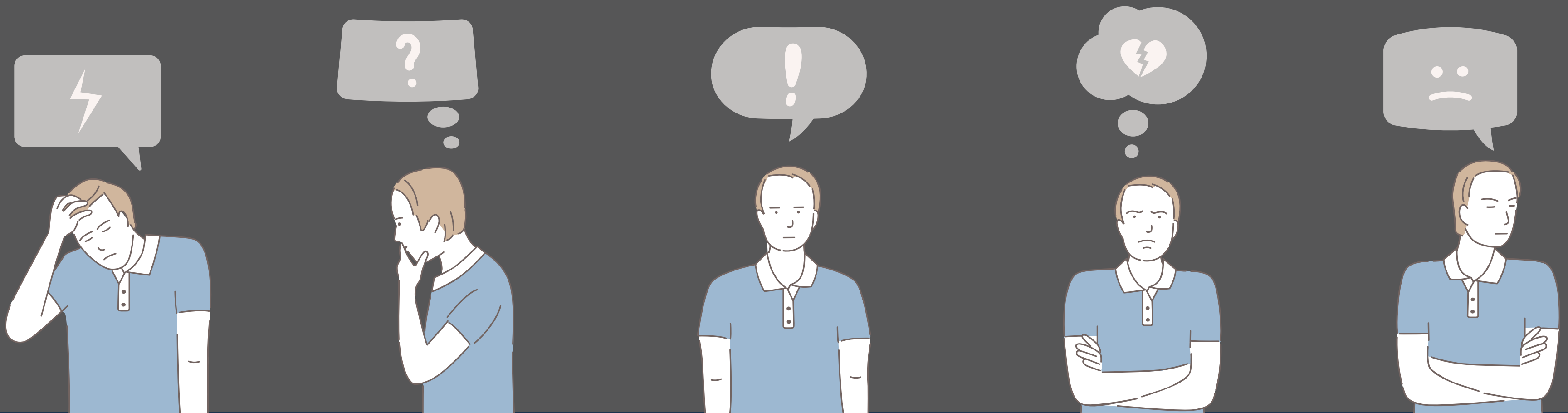
PHYSICAL FATIGUE

When your body is exhausted, making even small tasks feel difficult. This can stem from lack of sleep, overexertion, or prolonged stress.



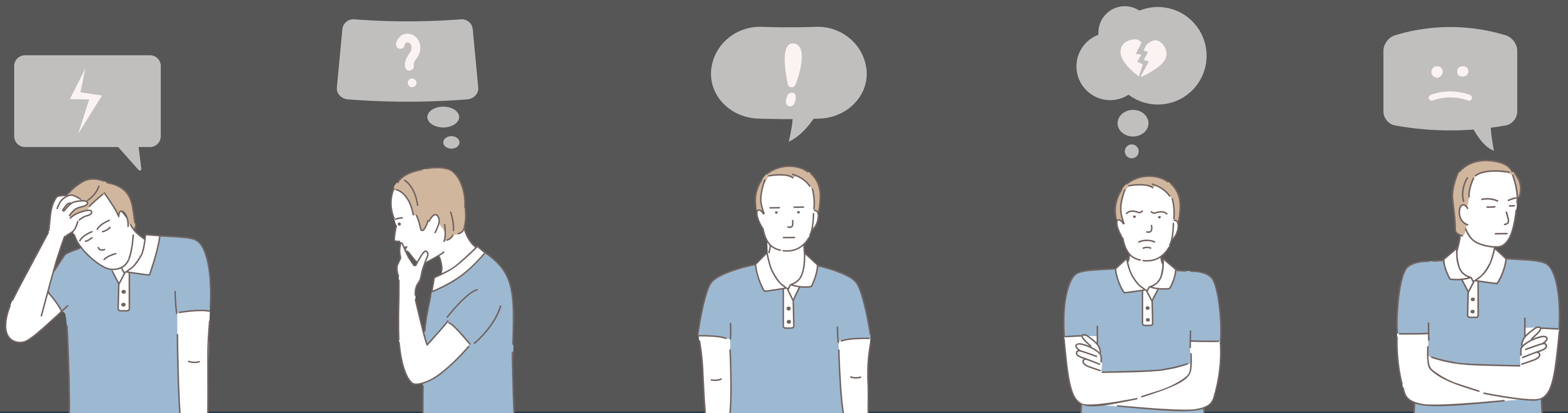
COGNITIVE FATIGUE

When your brain feels foggy, making it harder to concentrate, make decisions, or retain information. This is common after long periods of intense focus or multitasking.



EMOTIONAL & PSYCHOLOGICAL FATIGUE

When managing emotions or stress becomes overwhelming, often due to ongoing conflict, anxiety, or personal struggles. This type of fatigue is a combination of both cognitive and emotional exhaustion, leaving you feeling drained and unmotivated.



God's Response





1 Kings 19:5b-7

...All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. ⁷ The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."



1 Kings 19:8-9

⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

⁹ There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?"



1 Kings 19:10

¹⁰ He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

¹¹ The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake.

1 Kings 19:12-13

¹² After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"

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¹⁵ The Lord said to him, "Go back the way you came,..."



A BIBLICAL PATH FORWARD

1. Acknowledge it Honestly.



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2. Restore Your Body.



A BIBLICAL PATH FORWARD

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2. Restore Your Body.
3. Step Away to Be With God, Not Just Work for Him.



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4. Share the Load.



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5. Redefine Success.



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3. Step Away to Be With God, Not Just Work for Him.
4. Share the Load.
5. Redefine Success.
6. Wait for Renewal, Don't Force It!

Restoration

H.A.L.T.

HUNGRY



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HUNGRY



ANGRY



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ANGRY



LONELY



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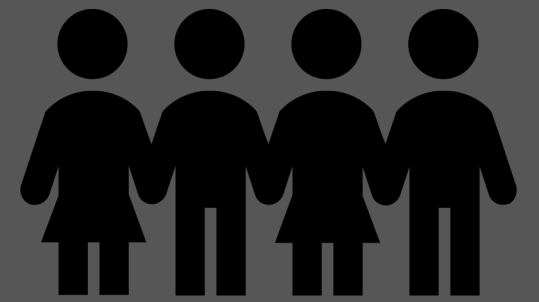
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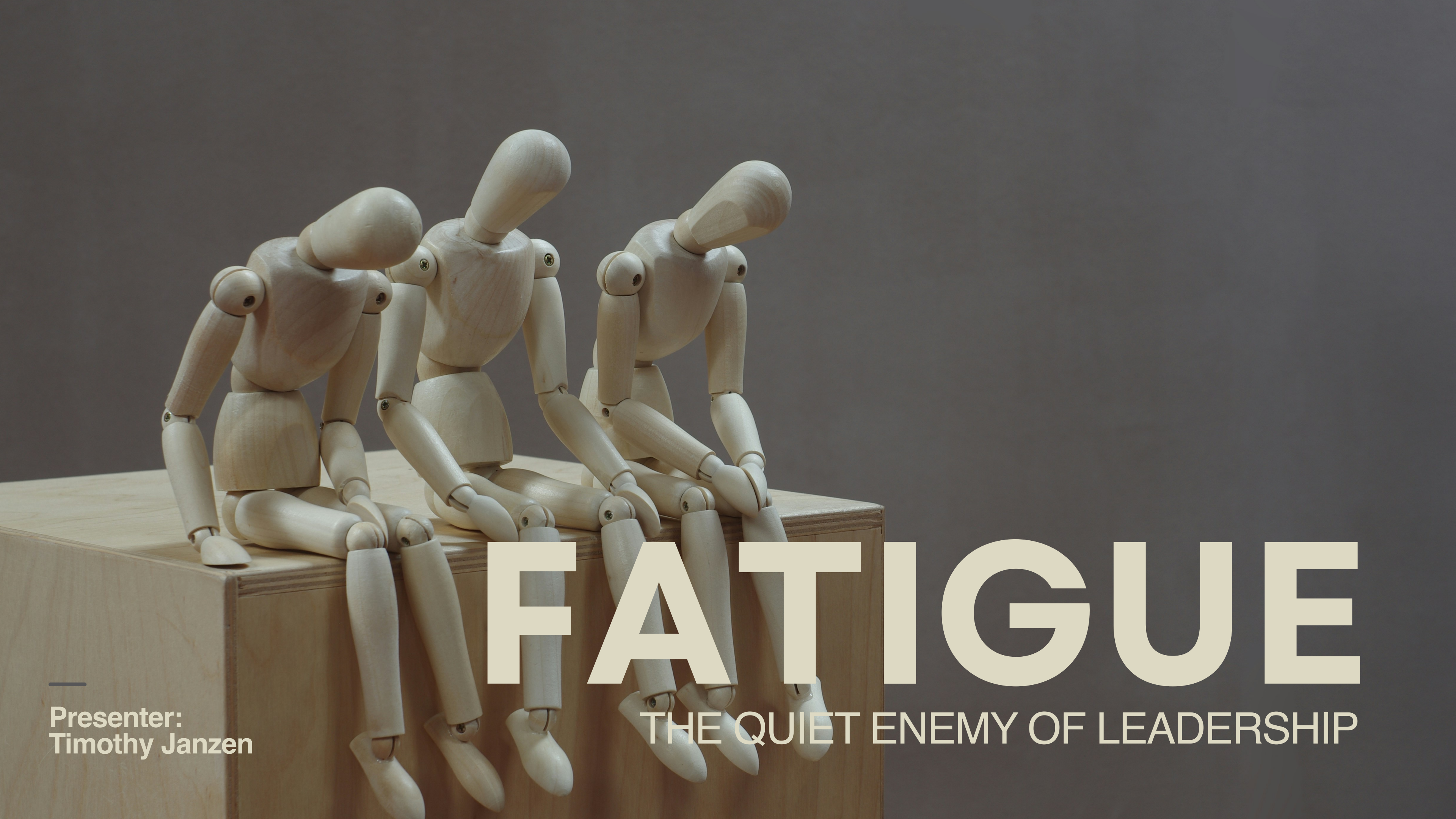


LONELY



TIRED





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