

Sharpening the Skill of Empathy #4

“The Dilemma of Empathy”

selected Scriptures

“Burnout” is defined as the p_____, e_____, or m_____ exhaustion from prolonged exertion.

“C_____ fatigue” is similar but not exactly the same.

The Practice of Empathy

Galatians 6:2 - “Bear one another’s b_____, and thereby fulfill the law of Christ.”

Romans 12:15 - “M_____ with those who m_____.”

The Problems of Exhaustion and Enmeshment

Exhaustion can be physical, mental, emotional, or spiritual, as we d_____ our resources until we have n_____ left to give.

Exodus 18:13-18 - Moses’ workload was just t_____ m_____.

1 Kings 19:4 - Elijah was exhausted after a great v_____.

Enmeshment is where the one empathizing becomes so involved in the other person’s p_____ they lose sight of themselves.

We are not called to become d_____ along with the other person; we are called to try to u_____.

The Prevention of Extinction

The way to avoid exhaustion and enmeshment is s_____ -c_____.

A key word to a healthy lifestyle is b_____.

1 Kings 19:5-7 - Elijah needed a good n_____ and a good m_____!

Exodus 19:17-23 - Jethro advised Moses to d_____ his duties.

Matthew 11:28-30 - Jesus said, “Come to me, all you who are w_____ and b_____, and I will give you r_____.”

Word Search - Galatians 6:1-10

M O C K E D D Y S P U R E P O R P
 F E G W N O F C K N N S H O U L D
 S O D O O G D T O O E P L E A S E
 I R E A P E O E I M L D G E A C H
 Y A E W Y N S T T A P L R F E D B
 L M H V N L C O N P F A U U E N E
 T V H A E U L R M K M L R C B A R
 N R C I R I E A U E F E E I C V O
 E I O T M T L G I I B I T T N W T
 G T S T E S E E L C V O I A R G S
 D E S N C N E L B E E O D E F W E
 D A N W O U C L D T N P C Y P E R
 U U O Y O P R C F S R E S R L A O
 D F N L V S U T C F I M I E W R L
 H A R V E S T W S V T D D H V Y B
 R B E A R R I Y E N E E R U T A N
 I S K N I H T S I F I O Y R R A C

ACTIONS	ETERNAL	PRIDE
ANYONE	FULFILL	PROPER
BEAR	GENTLY	REAP
BELIEVERS	GOOD	RECEIVES
BURDENS	HARVEST	RESTORE
CANNOT	HIMSELF	SHOULD
CARRY	INSTRUCTOR	SOMEBODY
COMPARING	LOAD	SOWS
DECEIVED	MOCKED	TEMPTED
DESTRUCTION	NATURE	THINKS
ESPECIALLY	PLEASE	WEARY

We must care for ourselves
in order to care for others



*If someone is caught in a sin, you who
are spiritual should restore him
gently. But watch yourself, or you
also may be tempted.
(Galatians 6:1)*

The Dilemma of Empathy



*Jesus said, “Come to me,
all you who are weary and burdened,
and I will give you rest.”
(Matthew 11:28)*