

Five Principles to Prevent Burnout

Skip Gray

I. Introduction.

II. Other people's needs do not determine the will of God for your life. (Luke 5:15)

A. It is important to remember the poor, but we will always have poor. (Mark 14:7, Galatians 2:10)

B. Need does not determine our theology.

C. Jesus withdrew from people for prayer.

III. Be selective on who cosigns your emotional checking account.

A. There is tension in the Christian life one must deal with—we need balance. (Luke 14, Ephesians 6, 1 Peter 3)

B. Jesus bonded with the disciples but also made space. (Luke 22:28; 24)

C. Paul bonded with the church but also made space. (1 Corinthians 14:48)

IV. Operate within a margin of time, money and energy.

A. Time is limited. Jesus did not run through Jerusalem—he walked. (Proverbs 27:1)

B. Credit is debt. (Proverbs 22:7)

C. Energy must be conserved. (1 Kings 19:1-10)

V. Who you associate with is as important as what you believe. Begin your search for personal accountability. (Proverbs 13:5, Psalm 1:1)

VI. The longer you live the more time you need with God and if married with your wife. (Isaiah 54:2-3)

Application questions:

1. What are some circumstances where a Christian should say no to good propositions that come his or her way?

2. Which area do you struggle to operate within a margin the most—time, money or energy? How can you better maximize these resources?

3. Who can you ask to be a ground controller in your life? How does this person meet the criteria outlined by the speaker?
