

How to Avoid Burnout

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I. Introduction.

- A. The Christian life is a marathon. (Hebrews 12)
- B. We want to be able to say to God that we finished the work that he gives us.
- C. The prudent man foresees things that will bring trouble. (Proverbs 22:3)
- D. In spiritual warfare we do not have to be casualties.

II. Someone else's need does not determine the will of God for someone's life.

- A. Christ withdrew from people who needed healing for prayer.
- B. There is tension in the Christian life one must deal with. (Luke 14, 1 Peter 3)

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

- A. Jesus bonded with the disciples but also made space. (Luke 22:28; 24)
- B. 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. The longer you live the more time you need with God and if married with your wife. (Isaiah 54:2-3)

VI. Who you associate with is as important as what you believe. (Proverbs 13:5, Psalm 1:1)

- A. We need ground-controllers.
- B. These are people who love us and listen—not people who control us.

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?
