

How to Avoid Burnout, #5 (52 Minutes)
Selected Scriptures
Ministers Class, Thursday, May 25, 2023 and Sunday, May 28, 2023

Introduction: Today I want to share with you some practices that have helped me to avoid physical, emotional, and spiritual burnout.

- I. Stay Fresh – Rest before You Become Exhausted.**
 - A. Practice the Sabbath Day principle – work six days and rest one day (Exodus 20:9-11).**
 - B. On one occasion, Jesus said to His disciples: “Come ye yourselves apart into a desert place, and rest a while” (Mark 6:31).**
 - C. Vance Havner said, “Jesus knows we must come apart and rest awhile, or else we may just plain come apart.”**
 - D. Someone has said, “The best time to relax is when you don’t have time to relax.”**

- II. Stay Fueled – Keep Your Spiritual Fire Burning.**
 - A. One of the responsibilities of Aaron and his sons was to keep the fire on the altar for the burnt offering continually burning (Leviticus 6:12-13).**
 - 1. Wood was to be placed on the altar every morning to keep the fire burning.**
 - 2. The fire was to never go out.**
 - B. When our spiritual fire is burning, we tend to neglect it because we have no felt need to put wood on the fire that is burning.**
 - C. Know what wood light your spiritual fire and keeps it burning:**
 - 1. Know what wets your wood.**
 - 2. Know what put your spiritual fire out.**
 - D. Some of the sources of wood for my spiritual fire:**
 - 1. The Bible:**
 - a. The Word of God is a source of fire (Jeremiah 5:14; 20:9; 23:29).**
 - b. The Word of God is a source of food (Matthew 4:4; cf. Psalm 19:10; 119:103).**
 - c. The Word of God is a source of faith (Romans 10:17; cf. Job 23:12; Joshua 1:8; Psalm 1:1-3).**
 - 2. Praise to God (Psalm 34:1; 113:3; 118:24; Habakkuk 3:17-19; Acts 16:25).**
 - 3. Prayer to God (1 Thessalonians 5:17; cf. Ephesians 6:18; Jude 1:20).**
 - E. Assignment: Study Psalm 119 and record all of the things that the Bible claims to do – cleanses, changes, councils, comforts, etc.**

- III. Stay Fed (Matthew 4:4; 1 Peter 2:2; 2 Peter 3:18; cf. Joshua 1:8; Psalm 1:1-3; 19:10; 119:103; Job 23:12).**

- IV. Stay Filled with the Holy Spirit (Ephesians 5:18).**
 - A. “Be filled” translates the Greek verb πληροῦσθε. The basic verb is πληρόω (plēroō).**
 - B. Four things to remember regarding the Greek verb πληροῦσθε:**
 - 1. Imperative mood, which means a command to be obeyed.**
 - 2. Present tense, which means continuous action in the present.**
 - 3. Plural, which means all born-again believers.**
 - 4. Passive voice, which means the subject is receiving the action...**

- C. The main missing element in the church at Corinth was the filling of the Holy Spirit of God.**
- 1. Some of the elements that were not missing in the church at Corinth:**
 - a. Salvation (1 Corinthians 1:2),
 - b. Sanctification – Three aspects of sanctification: positional, practical, and perfect... (1 Corinthians 1:2),
 - c. The gifts of the Holy Spirit (1 Corinthians 1:7; 14:1-40),
 - d. Good preachers – they were exposed to Paul, Peter, and Apollos (1 Corinthians 1:12-13),
 - e. Water baptism in Jesus’s name (1 Corinthians 1:12-17),
 - f. Baptism in, or with, or by the Holy Spirit (1 Corinthians 12:13),
 - g. The indwelling of the Holy Spirit (1 Corinthians 6:19-20).
 - 2. The main missing element in the church at Corinth and in most all churches in the world today is the filling of the Holy Spirit:**
 - a. The filling of the Holy Spirit produces the fruit of the Holy Spirit, and the first fruit on the list is love – ἀγάπη (*agapē*) (Galatians 5:22-23).
 - b. We know that love was missing because Paul devotes a whole chapter to love – *agapē* (1 Corinthians 13:1-13).
- D. Many of our problems are symptoms of the absence of the filling of the Holy Spirit (Galatians 5:12-20).**
- V. Stay Focused – Keep Your Eyes on God.**
- A. Elijah became depressed and suicidal because he lost his focus on God (1 Kings 19:1-18).**
 - B. Peter began to sink when he lost focus on Jesus (Matthew 14:22-33).**
 - C. The 10 Spies gave an evil report because they were focusing on the wrong things. Joshua and Caleb saw the same things the 10 Spies saw, but Joshua and Caleb also saw God (Numbers 13 & 14).**
 - D. David was not afraid of the giant Goliath because David was focusing on God (1 Samuel 17:1-38).**
 - E. Paul adjusted his focus (Philippians 3:12-14).**
- VI. Stay Fearless (Isaiah 43:1-3; Psalm 27:1-3; 118:6; Proverbs 29:25; Romans 8:31; 2 Timothy 1:7).**
- VII. Stay Faithful (1 Corinthians 4:2; Revelation 2:10).**
- VIII. Stay Face-To-Face with the Triune God**
- A. Face-To-Face with God means intimacy with God (Exodus 33:11).**
 - B. Moses was more intimate with God than anyone else in the Old Testament (Exodus 33:11; Numbers 12:1-16; Deuteronomy 34:10).**
 - C. Peter said that God is no respecter of persons (Acts 10:34).**
 - 1. Vance Havner said, “God does not have favorites, but He does have intimates.”**
 - 2. James said, “Draw near to God and he will draw near to you” (James 4:8).**
 - 3. You can be as intimate with God as you want to be...**
 - D. Assignment: Study the immediate and the broader contexts and lists the factors that contributed to the intimacy of Moses with God (Exodus 33:11-23).**