

BURNOUT

— AM I ON THE BRINK? —



*Whether you are a Ferrari or a Volvo,
you still need maintenance and fuel.*

1 Burnout Is Not the Same as Sacrifice



Discipleship requires daily sacrifice, but godly sacrifice is different from needless burnout.

Luke 9:23–24

2 God Is God — We Are Dust



- We are creatures of dust.
- God created us with limitations.
- We need sleep, rest, food, and relationships.

Genesis 2:7 • Psalm 90:3 • Psalm 103:14

3 Signs of Burnout



1. Work becomes laborious, mechanical, and lacks joy
2. Cynicism and detachment
3. Overwhelming exhaustion
4. Personal spiritual life suffers
5. Sense of ineffectiveness

4 Avoiding and Recovering



- Rest
- Relationships
- Inward renewal
- Exercise
- Rely on the Lord
- Beware celebrity
- Learn to delegate
- Keep proper perspective

*1 Samuel 23:16 • Ecclesiastes 4:9–10 • 1 Corinthians 3:6
Acts 6 • Exodus 18:17*



**If I never preach another sermon...
MY NAME IS STILL WRITTEN IN HEAVEN.**



Rejoice because your names are written in heaven.

— LUKE 10:20