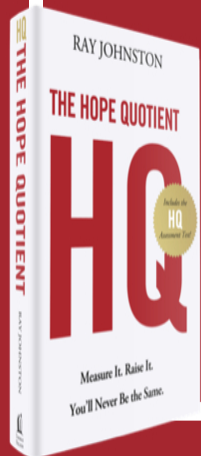


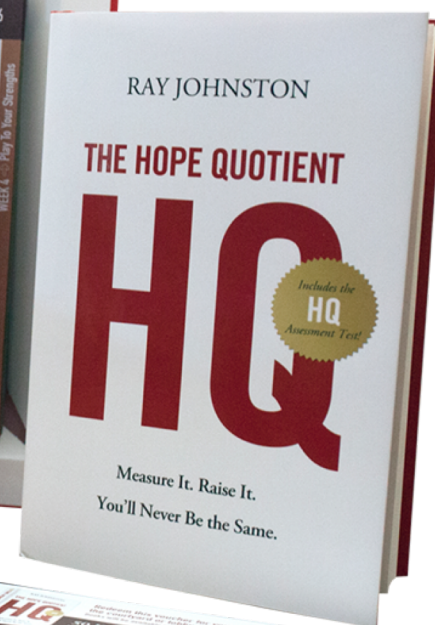
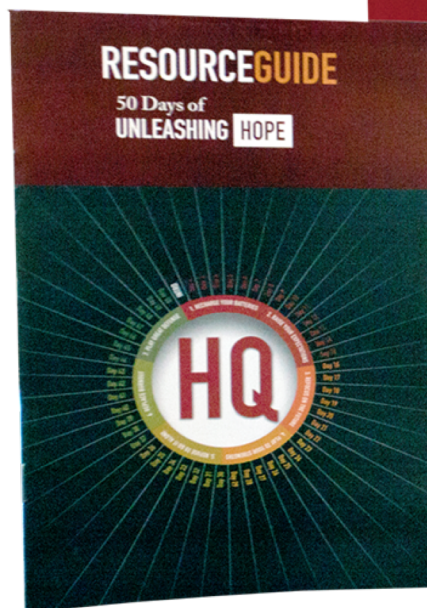
50 Days of UNLEASHING HOPE

Week #6: Replace Burnout With Balance
Psalm 46:10 (*page 403*)



Pastor Greg Mansur

November 9, 2014



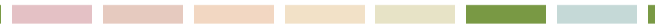
FAITHHOPELOVE





WEEK 6

REPLACE BURNOUT WITH BALANCE





Psalm

46:10

(page 403)





86% - chronically stressed out

62% - “I am critically close to burnout”

59% - feel desperate need to slow down

2.5 hours LESS sleep per night



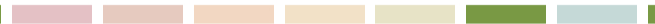
“Today people are souped-up, stressed out, and over-scheduled. In this brave new world boundaries between work and family are disappearing. Everyone is mobile and every moment of the day is scheduled with daycare, school, after school activities, and ten to twelve hour work days. This pressure cooker lifestyle is so rare in the history of the world that anthropologists are now studying it to see how it will affect us.”



Luke

10:38-42

(page 741)



Some consequences of the “burnout” life:

1. MORE Stressed



Some consequences of the “burnout” life:

1. MORE Stressed

2. LESS Joy

Some consequences of the “burnout” life:

1. MORE Stressed
2. LESS Joy
3. LESS Productive

Some consequences of the “burnout” life:

1. MORE Stressed
2. LESS Joy
3. LESS Productive
4. LESS Connected to God

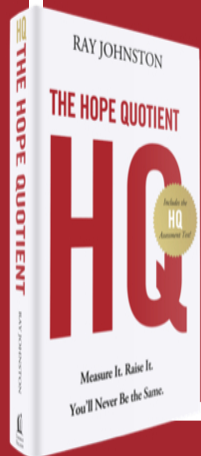
Some consequences of the “burnout” life:

1. MORE Stressed
2. LESS Joy
3. LESS Productive
4. LESS Connected to God
5. MORE Disconnected from my Family

1. Is my pace of life out of control?

Luke 10:40 – “But Martha was distracted with much serving.”

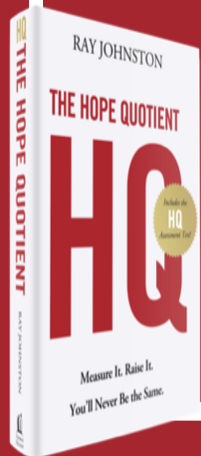
50 Days of UNLEASHING HOPE



2. Am I running on empty?

Luke 10:41 – “But the Lord answered her, Martha, Martha, you are anxious and troubled about many things.”

50 Days of UNLEASHING HOPE



3. Am I dropping the right balls?

Luke 10:42 – “But one thing is necessary,
Mary has chosen the good portion”
(what is better)



4. When I relax, do I feel guilty?

Exodus 20:9-10 – “You have six days in which to do your work, but the seventh day is a day of rest dedicated to me.”

I THOU SHALT HAVE
NO OTHER GODS
BEFORE ME

II THOU SHALT NOT
MAKE UNTO THEE
ANY GRAVEN IMAGE

III THOU SHALT NOT
TAKE THE NAME
OF THE LORD THY
GOD IN VAIN

IV REMEMBER THE
SABBATH DAY,
TO KEEP IT HOLY

V HONOUR THY FATHER
AND THY MOTHER

VI THOU SHALT
NOT KILL

VII THOU SHALT NOT
COMMIT ADULTERY

VIII THOU SHALT
NOT STEAL

IX THOU SHALT NOT
BEAR FALSE
WITNESS AGAINST
THY NEIGHBOUR

X THOU SHALT
NOT COVET

Consider this plan:

1. Divert Daily

Consider this plan:

1. **Divert Daily**
2. **Withdraw Weekly**

Consider this plan:

1. Divert Daily
2. Withdraw Weekly
3. Abandon Annually

5. Am I living a disconnected life?

Luke 10:39 – “And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching.”



