

“HOW TO PREVENT BURNOUT”

Exodus #8

Exodus 18

I. THE REASON: WORKAHOLISM

“Moses took his seat to serve as judge for the people, and they stood around him from morning till evening.”

Exodus 18:13 (NIV)

“The reason behind most workaholism is insecurity.

II. THE RESULT: BREAKDOWN

1. Of your calling.

“When his father-in-law saw all that Moses was doing for the people, he said, “What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening.” Exodus 18:14 (NIV)

2. Of your health.

“You’re going to wear yourself out.” Exodus 18:18a (NLT)

3. Of your relationships.

“You are going to wear yourself out—and the people too.” Exodus 18:18 (NLT)

“This is not good! (Moses’) father-in-law exclaimed... This job is too heavy a burden for you to handle all by yourself. Now let me give you a word of advice, and may God be with you.” Exodus 18:17-19 (NLT)

III. THE REMEDY: THE SABBATH

“Observe the Sabbath and keep it holy. You have six days in which to do your work but the **seventh day** is a day of **rest dedicated to me**. On that day no one is to work...”

Exodus 20:8-9 (TEV)

“Jesus said ‘The Sabbath was made to benefit people, and not people to benefit the Sabbath.’” Mark 2:27 (NLT)

Colossians 2:16-17

“Some think one day is more holy than another day, while others think every day is alike. Each person should have a personal conviction about this matter. Those who have a special day for worshipping the Lord are trying to honor him.”

Romans 14:5-6 (NLT)

WHAT TO DO ON YOUR SABBATH

1. USE THE DAY TO REST YOUR BODY.

“...God wants his loved ones to get their proper rest.” Psalm 127:2 (LB)

2. USE THE DAY TO RECHARGE YOUR EMOTIONS.

“Those who refresh others will themselves be refreshed.” Proverbs 11:25 (NLT)

3. USE THE DAY TO REFOCUS YOUR SPIRIT.

“Come let us worship and bow down. Let us kneel before the LORD our maker.” Psalm 95:6 (NLT)