

Helping Women Who Are Burned Out With All Their Responsibilities

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I. Introduction

- A. So many _____ things to do for God
- B. Identified, recruited, disciplined....as _____ in women's ministry
- C. Being a _____...a multiplicity of responsibilities

Ephesians 5:15-17 "Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil." Sometimes in our haste to accomplish a lot for the Lord we fail to see that the end of that Ephesians 5 passage says "Therefore do not be foolish, but **understand** what the will of the Lord is."

Psalm 39:4-5 "O Lord, make me know my end and what is the measure of my days; let me know how fleeting I am! Behold, you have made my days a few

handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath!"

John 9:4 "We must work the works of him who sent me while it is day; night is coming, when no one can work."

Psalm 90:12 "So teach us to number our days that we may get a heart of wisdom."

Colossians 4:5 "Walk in wisdom toward outsiders, making the best use of the time."

Galatians 6:9 "...do not grow weary of doing good."

II. Burnout

A. What is burnout?

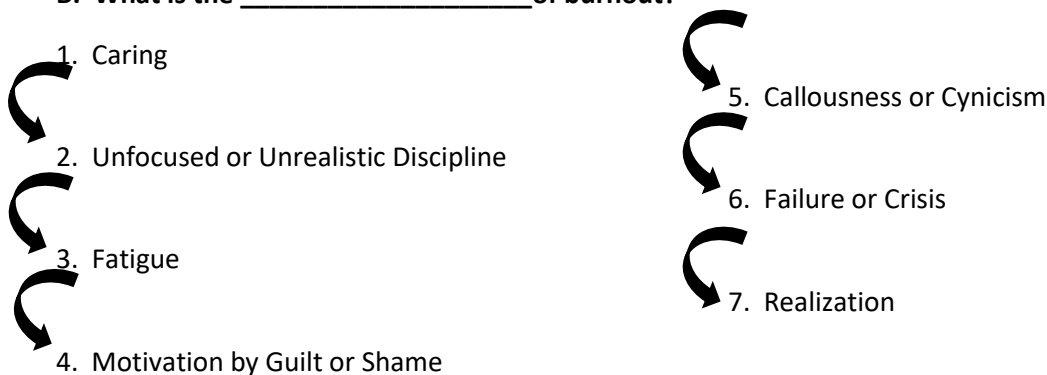
1. More Than...

- a. _____
- b. _____
- c. _____

2. Instead Burnout is More like...

- a. A Mid-Life Crisis At Any Age
- b. _____ – death of dreams, hope, purpose, life, energy
- c. Despondent and _____

B. What is the _____ of burnout?¹



¹ This list was taken verbatim from the booklet [Burnout: Resting in God's Fairness](#) by Brad Hambrick. However, he cites that his writing is a gospel-tailored modification of the four stage burnout progression observed by Mark Gorkin. A summary on burnout progression can be found at www.stressdoc.com/four_stages_burnout.htm.

C. What _____ burnout?

1. A result of total life management

2. Burnout the result of living beyond our means with _____

Moses and Jethro (Ex 18:17-24) 17 Moses' father-in-law said to him, "The thing that you are doing is not good. 18 You will surely wear out, both yourself and these people who are with you, **for the task is too heavy for you; you cannot do it alone.** 19 Now listen to me: I will give you counsel, and God be with you. You be the people's representative before God, and you bring the disputes to God, 20 then teach them the statutes and the laws, and make known to them the way in which they are to walk and the work they are to do. 21 Furthermore, you shall select out of all the people able men who fear God, men of truth, those who hate dishonest gain; and you shall place these over them as leaders of thousands, of hundreds, of fifties and of tens. 22 Let them judge the people at all times; and let it be that every major dispute they will bring to you, but every minor dispute they themselves will judge. **So it will be easier for you, and they will bear the burden with you.** 23 **If you do this thing and God so commands you, then you will be able to endure, and all these people also will go to their place in peace.**" 24 So Moses listened to his father-in-law and did all that he had said.

"If something becomes a way of life & is not sustainable, then it is not "good," no matter how "necessary" it may be." ²

3. Often prompted by living beyond our means with _____

III. Understanding Sabbath

A. The command to _____ (Ex 20:8-10)

B. The definition – " _____ " or "stopping"

C. God's example of Sabbath after creation

D. Specific types of Sabbath

1. _____ Sabbath (Exodus 20:8-10)³

2. _____ Sabbath (Lev 25:1-7, 20-22)⁴

a. Proclaiming liberty (Lev 25:10a, 12)

b. Enacting redemption liberations

- family property
- slaves and servants "Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath Day." Deut 5:15

We can ask ourselves:

- Do I believe I am the only one controlling my world, thus I need to work at all times without ceasing or taking a break to ensure that the world stays under control?
- Do I view God as just another taskmaster piling up responsibilities and measuring performances?
- Do I view God as liberator or creator?
- Do I have a prideful view of self-sufficiency and lament that God has placed too much on my shoulders?
- Am I driven by what others will think of me and feel about me?
- Am I driven by fears?

² Quote from Burnout: Resting In God's Fairness by Brad Hambrick, page 21

³ From Formed For The Glory Of God by Kyle Strobel

⁴ From Burned Out? Trusting God With Your "To-Do" List by Winston T. Smith

4. _____, our Sabbath rest

a. The strange need to cover up our guilt and shame⁵

b. Busyness as an effort to prove our worth and _____ our guilt

c. Our sin problems not taken care of by working harder Jesus is the person whose work could perfectly cover and resolve our delinquencies. (Heb 10:11-14)

IV. Why Sabbath?

A. In imitation of _____

B. Catch up day or rest in God's _____?

1. Rest as an exercise in _____

2. Rest is living out the truth that the world _____ to God

C. Remember that God intends his people to be delivered from slavery and set free.

V. The gift of time management

A. Understanding time _____

B. A Biblical breakdown of time in a 168 hour week⁶:

1. 50 hrs for _____ (Rom 12:1-2)

- Honor your finiteness as much as God does
- Separating finiteness and selfishness

2. 50 hrs for _____ (Gen 1:28)

- How this affects business owners
- Applying some limits must happen or we open our lives to besetting sin habits

3. 17 hrs for marriage and _____

- 10% of total (tithe)
- A useful definition of "Family Time" – "investing my full attention in something that affirms my spouse or child by allowing me to know them better and making them feel more known by me."

4. 51 hours for the "Rest of Life"

- _____ (House cleaning, mowing, grocery shopping, paying bills, etc)
- _____ (Activities that replenish and reward you physically, mentally, spiritually, emotionally, relationally.....the things that restore you and give you energy)
- _____ (Service through your church to the congregation and the community)

How to allocate time to Maintenance, Recreation, and Service:

1. _____ **Generosity** – Daily, weekly, monthly participation in areas of your passion and giftedness; Accepted only AFTER reviewing your time budget and ALONG WITH consultation of your family

2. _____ **Generosity** – One time events or periodic involvement; Needs arising from your family, friends, small group, church, or community at large; Must be planned for within your time budget or you will always have to say no

3. _____ - Deliberate cuts into the 1st 117 hours for crisis needs; exceedingly rare b/c it dips into what God has said is required for healthy living; 1. Consult trusted Christian advisors, 2. In concert with the efforts of your local church, 3. On a defined, short term basis

⁵ Burned Out? Trusting God With Your "To-Do" List page 21

⁶ Burnout: Resting in God's Fairness by Brad Hambrick.

VI. Heart motives that may lead to burnout⁷

- A. Pride
- B. Fear
- C. Approval / fear of man
- D. Escapism from being still
- E. Over-reliance upon order and neatness
- F. Guilt
- G. "Addicted to my level of productivity"
- H. Unnecessary "necessary" pleasure
- I. Perfectionism
- J. Other

VII. Tools to prevent burnout

A. Regular Practicing the Spiritual _____⁸

- 1. **Scripture Study** (Relaxed dependence not dutiful completion)
- 2. **Meditation**
- 3. **Contemplation** (Regular Time with God being in relaxed dependence upon him)
- 4. **Prayer**
- 5. **Self-Examination** (Take notice of pleasures that have lost their pleasure, listen to your body, listen to your emotions)
- 6. **Sabbath**
- 7. **Fasting** (Proper stewardship of your physical body)
- 8. **Soliloquy** (Don't escape)
- 9. **Silence**
- 10. **Solitude** (Manage stress and conflict biblically)
- 11. **Community Life of the Church** (Have nonfunctional friendships, Listen to your family)
- 12. **Conferencing**
- 13. **Serving** (Duplicate, don't isolate)
- 14. **Submission / Problem Solving**

B. Making your time count

C. Practicing Biblical _____

God → Marriage → Family (kids / parents) → Believers → Unbelievers → Work

D. Practicing the spiritual discipline of _____

E. Receiving adequate training for major life responsibilities

F. Seeing the eternal purpose in all your work, not just the "important" stuff

Resources To Consider: Teacher's Notes link for free download – <https://tinyurl.com/BCTCburnout>

Burnout: Resting In God's Fairness by Brad Hambrick

Burned Out? Trusting God With Your "To-Do" List by Winston T. Smith

Formed For The Glory of God by Kyle Strobel

Life Management For Busy Women by E. George

Shopping For Time by Carolyn Mahaney

Crazy Busy by Kevin DeYoung

Good News For Weary Women by Elyse Fitzpatrick

Heaven by Randy Alcorn

Decisions, Decisions by Dave Swavely

⁷ This is a list taken verbatim from Burnout: Resting in God's Fairness by Brad Hambrick

⁸ Formed For The Glory of God by Kyle Strobel was instrumental in helping me understand the Spiritual Disciplines.