

“Impact without Burnout”
Philippians 1:9-11

July 18, 2021
Rhythms of Rest pt. 2

Introduction: Running on Empty

Running low on fuel is not how I want to be _____ on a trip.
Likewise – feeling drained and running on fumes is not how I want
to _____ my _____ either.
When we are not physically, emotionally and socially healthy – we
will not be _____ healthy.

I. Impact and Busyness

False belief: In order to have a greater _____ we need to do
_____ things. We need to be _____. (graph #1)
In reality, we reach a _____. We get to a point where more
activity actually starts to _____ our _____. (graph #2)

II. Paul’s Prayer to Grow in Love and Bear Fruit

1. “Discern what is best” means that we can’t say _____ to
_____. We need _____ from God to know, “How
can I best make an impact?”
The 4th commandment certainly doesn’t tell us to _____ as
much work as we possibly can.
We need to learn how to say no to _____ things if God is not
_____ us to those areas.

2. “Pure and Blameless until the day of Christ”

As Christians to have a greater impact on our world we do need to
avoid _____ and _____ and the kinds of _____ that
hurt our witness and influence.

-In burn-out we will become more self-absorbed ... Burn-out
means we will have less _____, less _____, less self-control,
less gentleness and so forth.

- In burn-out we will be more vulnerable to _____. We
will use _____ as coping mechanisms.

What is your clue that you are getting too close to burn-out? What
warning signs and temptations come into your life?

3. “To the glory and praise of God”

Are we hitting burn-out because we are living our life for the
wrong kinds of things? Are we trying to make our own _____
_____?

Psalm 23 reminds us that God as our shepherd leads us beside
quiet waters; God _____ our _____. God knows our limits.
He will guide us toward places of _____.

Conclusion: “Go and produce fruit that will last.” - John 15:16

There is an impact that we can have that has implications for
_____.! It isn’t fruit that grows from busyness. It isn’t
growing from our strength. It is fruit that comes through the
_____ of _____ in our lives.