

Solid Rock Christian Church Manassas, Virginia

Bible Study - May 27, 2021

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Title: "When You Feel Like Quitting"

Subtitle: "Preventing Burnout"

Scripture Reference: Galatians 6:9

"And let us not be weary in well doing; for in due season we shall reap, if we faint not."

I. Introduction

A. A burned-out lightbulb does not produce light. Neither does a burned-out Christian. Burnout is a modern-day term for "growing weary." God promises that we will reap the harvest if we don't burn out.

B. On February 2, 1985, during the Daytona 500 Auto race, the \$250,000 car driven by professional driver Donny Allison, was only on its third lap when it rolled to a stop on the infield side of the track.

C. Nothing was mechanically wrong with the vehicle, nor with the driver. The issue - someone had forgotten to put fuel in the tank! This was an innocent mistake by someone in the Pit Crew, but it was a costly mistake.

D. The performance of the race car and the skills of the driver were completely nullified, simply because the car had not received the fuel it needed to finish the race.

E. It is so easy to quit. All we have to do is keep giving out until the tank is empty. Then when the fuel gauge reads "E," we quit. We go from giving out to giving up.

F. Burnout occurs when we give out more than we take in. Cars that aren't refueled will run out of gas. Wells that are not replenished will run dry. Batteries that are not recharged will have

no power. We are no different!

Point: A Christian that is not refueled, replenished, and recharged will burn out.

G. Burnout doesn't happen overnight. It is a process that occurs over a period of time. It begins by burning the candle at both ends. That works fine for a while, but then a series of events brings it to the point of exhaustion.

H. We become sapped of our strength. Our motivation to continue seems to evaporate. It happens every day on jobs, in marriages, and in churches.

I. Burnout can be prevented if we watch for red flags (i.e., warning signs).

The flags or warning signs listed below, are parts of the Stages of burnout. They can warn us that trouble is coming if we don't take immediate action.

II. Exposition - [Stage #1] - We become disillusioned

Result: Losing Vision

Red Flag: Dreading the Future

A. When we become disillusioned, we lose our vision (not physical eyesight).

B. Disillusionment comes when the picture in our minds of the way things ought to be do not match the way things really are. That ideal mental picture is shattered by the reality of the situation.

C. The bubble bursts, the dream dies, the vision vanishes. It has been said that people get married with pictures in their minds of perfect marriages. However, after a few trials, they discover that they are not married to the perfect pictures, but to imperfect people. When this realization sets in, they will either tear up the pictures or they will tear up the partners.

D. Never-the-less, consider this: We don't just have pictures in our minds of what marriage ought to be. We have pictures of what

everything ought to be.

E. When we draw these perfect pictures in our minds, we exclude the flat tires, dirty diapers, broken water pipes, unreasonable employers, overdue bills, and disagreeable people that will mess up our pictures.

F. We leave these things out of our pictures because these nuisances are unpleasant to think about. However, all of these things are a part of the reality of life.

Points:

- 1) When reality clashes with fantasy, something must give.
- 2) If reality destroys the pictures, disillusionment will occur.

III. Exposition [State # 2] - We become discouraged

Result: Losing Heart

Red Flag: Significant Decrease in Motivation

A. When we become discouraged, we lose heart. Disillusionment in our minds can bring discouragement to our hearts.

B. Our motivation for completing a task dwindles. If a sport's team ever loses heart during a game, they won't win. Their minds will be focused on getting to the locker room and heading home because discouragement destroyed their motivation to continue.

C. When Joshua sent soldiers to Ai shortly after they had conquered Jericho, the sons of Israel thought victory would come easily. Only three thousand men were sent to Ai to fight, and they were defeated.

D. The picture in their minds of victory was shattered, bringing discouragement to their hearts. As a result, Joshua 7:5 says - "And the men of Ai smote of them about thirty and six men: for they chased them from before the gate even into Shebarim, and smote them in the going down: Wherefore the heart of the people melted, and became as water."

E. When the children of Israel became discouraged, they lost their courage. They lost heart, so their motivation to gain victory evaporated.

Point: We always give up in our hearts before we give up in our actions.

F. In Luke 18:1, reflecting on what Jesus said, Luke records - "And he spake a parable unto them to this end, that men ought always to pray, and not to faint (i.e., lose heart)."

G. We may have prayed for something for many months, even years, but nothing has happened. So, we become discouraged and quit.

Point: If we lose our patience while waiting, we can become discouraged.

Don't give up - Keep trusting in the Lord!

IV. Exposition [State #3] - We become discontented

Result: Losing Joy

Red Flag: Restlessness and Complaining

A. When we become discontented, we lose joy.

Point: Discontentment and joy cannot co-exist - they cannot reside together within the same heart. One will drive out the other.

B. Have you ever met joyful, discontented people? No, because they don't exist.

C. If we allow discontentment to enter our hearts, we can become unsettled and restless. Nothing will satisfy or make us happy. We will become so irritated with our present circumstances that we may do anything to escape. ((Do you see the internal tug-of-war going on?))

D. With discontentment in control rather than God, it is at this stage that we are in serious danger of stepping out of God's will.

V. Exposition [Stage #4] - We become disassociated

Result: Losing rewards
Red Flag: Deciding to quit

- A. When we disassociate ourselves from the situation that bothers us, we may lose our reward.
- B. The reward for the farmer who has plowed, fertilized, sowed, watered, and waited is the harvest. God will reward our labor if we endure to the end. The Word of God says - "... for in due season we shall reap, if we faint not." (Gal. 6:9b)
- C. The harvest comes at the end of the season, but if we quit before then, all the work we have done will have been in vain.

How to Prevent Burnout

VI. Exposition - First - Rest From Your Labor

"Six days shalt thou labor, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work," (Exodus 20:9-10b)

- A. God commands us to rest from our labors. This command is just as valid as the command to work. God knew that we needed a day to cease from our labor and become refreshed.

VII. Exposition - Second - Reduce Your Workload

".... Let us lay aside every weight," (Hebrews 11:1)

- A. Many people burn out because their work loads are too heavy. In the old West, cowboys put their branding irons in the campfire to heat them up so they could mark their cattle.
- B. If too many irons were put into the fire, those added irons would put out the fire.
- C. Too many irons in the fire of your life will put out your fire too. The branding irons we have today are all of the duties and responsibilities that weigh us down in our daily walk.

D. While some responsibilities are important and necessary, others are not. The energy it takes to heat the unnecessary irons can encumber (negatively impact or get in the way of) the high-priority irons. That's why God says, "Let us lay aside every weight (i.e., every encumbrance)."

Comment: We must put a few unnecessary irons out so that the fire will continue to burn.

Points:

- 1) We need to re-evaluate everything we are doing.
- 2) We must ask God what we need to let go of and what He wants us to continue to do.
- 3) If we don't let go of some things, we will eventually let go of everything because we will burn out!

God doesn't expect us to do everything; just the things He has planned for us. This is why we must pray!

VIII. Exposition - Third - Regulate Your Schedule

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself." (Matthew 6:34)

We can only live One Day at a Time!

A. Because the race of life is a marathon, we must learn how to pace ourselves.

B. We must "run with endurance the race that is set before us" (Heb, 12:1d). Long distance runners have learned to endure by pacing themselves so that they won't burn out before the finish line.

C. As Christians, we must recognize at all times our Sovereign God, and that He controls our longevity (i.e., length of

days). Never-the-less, we must learn to regulate our schedules by living life one day at a time. (We really can't do otherwise! The point is - regulate your schedule.)

D. A thousand-mile journey can only be walked one step at a time. A thousand-page book can only be read one page at a time. And, you can only run the race of life, one day at a time.

IX. Exposition - Forth - Refuel your spirit

"... be filled with the Spirit." (Eph. 5:18b)

A. It is not enough to get refueled physically through food or mentally through rest and recreation. We must also refuel our spiritually empty gas tanks. Our spiritual batteries must be recharged.

B. Usually, when a person burns out, he or she has been trying to live the Christian life by the flesh rather than by the Spirit of God.

C. You may have gone to a restaurant, ordered a cup of coffee, and after a short period of time, your server or waiter notices your cup of coffee and asks, "May I warm up your coffee for you?" When the waiter pours the new coffee in your cup, it refills and warms up the cup.

D. Maybe you are spiritually cold and perhaps you are feeling empty. It doesn't have to stay that way. If you are a Christian, I want to remind you and assure from the Word of God that the Holy Spirit resides within you. (Somebody ought to say - Amen!)

E. Stop trying to do things on your own power and strength. Ask God to fill you with His Holy Spirit who is residing within you right now.

X. Exposition - Fifth - Renew Your Vision

"where there is no vision, the people perish." (Prov. 29:18)

Listen to this actual event

The late Supreme Court Justice, Oliver Wendell Holmes, was on a train when the conductor came through collecting tickets. Holmes, unable to locate his ticket, became quite distraught.

The conductor said, "Mr. Holmes, don't worry. When you find your ticket, just mail it in. We trust you."

My dear man, that's not my problem, Holmes replied. "I need my ticket to tell me where I'm going."

A. Vision is the ticket that tells you where you are going. Without it, you have no destination. You are simply wandering through life.

B. Vision is the God-given ability to anticipate crossing the finish line. It gives hope for the future and a motivation to continue running the race of life.

C. Although you may be on the verge of burning out, don't throw in the towel. The race is still before you. Just hold on and hold out.

It is once again interactive time. Please complete the biblical passages that follow by filling in the blank spaces. As always, all passages have been taken from the King James Version (KJV) of the Holy Bible.

" But they that _____ upon the Lord shall _____ their _____; they shall mount up with _____ as _____; they shall _____, and not be _____; and they shall walk, and not _____."

[Isaiah 40:31]

"I am the _____, ye are the _____: he that _____"

in me, and I in him, the same _____ forth much _____:
for _____ me ye can do _____."

[John 15:5]

"God is my _____ an _____; and he maketh my way
_____."

[2 Samuel 22:33]

"I can do _____ through _____ which _____
me."

[Philippians 4:13]

"I _____ toward the _____ for the _____ of the high
calling of God in _____."

[Philippians 3:14]

"I have _____ a good fight. I have _____ my course. I
have kept the faith: Henceforth there is _____ up for me a crown
of _____, which the Lord, the _____ judge
shall give me at that day: and not to me _____, but unto all them
that _____ his _____."

[2 Timothy 4:7,8]

Questions For You To Consider

Refueling Your Tank

1. Are you showing signs of burning out?
2. Make a list of all your responsibilities. How can you lighten your load of unimportant things so you won't burn out?
3. In what ways are you being refueled spiritually?

I sincerely pray that you have been blessed through our time of going through this lesson. May I suggest that you pull this lesson out and from time-to-time review it ((before)) you start to feel like you are approaching burnout.

Jude 3

Pastor Austin