**50 Days of Unleashing**

**HOPE**

**WEEK 6**

**Replace Burnout with Balance**

*“You chart the path ahead of me and tell me where to stop and rest.”* **PSALM 139:3 NLT**

**When I Relax, I Feel Guilty!**

*"Be still, and know that I am God."* PSALM 46:10

* 86 % of Americans feel "chronically stressed out" (Harris Poll)
* 62 % of Americans say "I have burned out --or I am dangerously close to burnout" (Inc Magazine)
* 59 % of Americans feel a "desperate need to slow down" (CNN Poll)

"The conditions of modern day living devour margin. Marginless is being thirty minutes late to the doctor’s office because you were twenty minutes late getting out of the hairdresser because you were ten minutes late dropping the children off at school because the car ran out of gas two blocks from a gas station and you forgot your purse. That’s marginless. Margin, on the other hand, is having breath at the top of the staircase, money at the end of the month and sanity left over at the end of adolescence. Marginless is the baby crying and the phone ringing at the same time. Margin is grandma taking the baby for the afternoon. Marginless is being asked to carry a load five pounds heavier than you can lift. Margin is having a friend carry half the burden. Marginless is not having time to finish the book you’re reading on stress. Margin is having the time to read it twice. Marginless is fatigue. Margin is energy. Marginless is red ink. Margin is black ink. Marginless is hurry. Margin is calm. Marginless is our culture. Margin is counter-culture, having some space in your life and schedule. Marginless is reality. Margin is remedy. Marginless is the disease of our decade and margin is the cure." **- DR. RICHARD SWENSON**

**MOVING FROM BURNOUT TO BALANCE – 4 BENEFITS**

|  |  |
| --- | --- |
| * **More Peace Of Mind** | * **Better Health** |
| * **Stronger Relationships** | * **Available for God To Use** |

**MOVING FROM BURNOUT TO BALANCE – 5 STEPS**

*"He makes me lie down in green pastures, he leads me beside quiet waters,*

*he restores my soul."* **PSALM 23:2-3**

### HUMILITY - ACCEPT HUMAN LIMITATIONS

|  |  |
| --- | --- |
| **Testing Your Spiritual Vital Signs** | |
| * **EMOTIONS** - Can you feel genuine emotion? Has your heart been touched recently by joy, pain, gratitude or love? Have you really laughed lately? A healthy heart is fully aware of deep emotion. | * **HIGH** * **MEDIUM** * **LOW** |
| * **MOMENTS** - Are you present or preoccupied? Ask your spouse, children, or friends if you’re “all there” when you’re with them. They can tell when you’re “skimming” on key relationships. | * **HIGH** * **MEDIUM** * **LOW** |
| * **FUN** - How’s the fun factor in your life? Do you set aside time for enjoyment, whether active sports, quiet reading, arts or crafts? When was the last time you really had fun? | * **HIGH** * **MEDIUM** * **LOW** |
| * **PEOPLE** - How is your heart for people? Do you feel genuine compassion for people who are hurting? Do you feel genuine passion for those who do not yet know God’s love? Or have people simply become a nuisance – a tool – or an interruption? | * **HIGH** * **MEDIUM** * **LOW** |
| * **DIVINE DIRECTION –** How long has it been since you heard the still small voice of God? How aware are you of the presence of God? One of the first signs of a hardening heart is a deafened ear to the quiet promptings of God. | * **HIGH** * **MEDIUM** * **LOW** |

**“HEART CHECK” BY NANCY BEACH,**

**LEADERSHIP JOURNAL, WINTER 2001**

* **PHYSICAL** **limits**
* **EMOTIONAL** **limits**
* **MENTAL** **limits**
* **SPACE** **limits**
* **TIME limits**

*"I have learned that* ***everything has limits****…"* **PSALM 119:96**

*"Our time is limited. You (God) have given us only so many months to live and* ***have set limits we cannot go beyond****."*

**JOB 14:5 (NCV)**

### OBEY THE FOURTH COMMANDMENT

*"You have six days in which to do your work,* ***but the seventh day is a day of rest*** *dedicated to me."* **EXODUS 20:9-10 (GN)**

* **REST PHYSICALLY**
* **REFOCUS MY SPIRIT**
* **RECHARGE MY EMOTIONS**

### PUT FIRST THINGS---FIRST!!!

*"But Martha was distracted by all the preparations that had to be made….She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!' 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but only one thing is needed. Mary has chosen what is* ***better****, and it will not be taken away from her.'"*

**LUKE 10:40-42**

### RELEASE YOUR FRUSTRATIONS

### *"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress…"* HEBREWS 12:1

### VIEW MY LIFE FROM GOD’S PERSPECTIVE

*“’For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”* **JEREMIAH 29:11**

"...your heavenly Father feeds the (sparrows). And you are far more valuable to him than they are." **MATTHEW 6:26**

*"Be still, and know that I am God."* **PSALM 46:10**