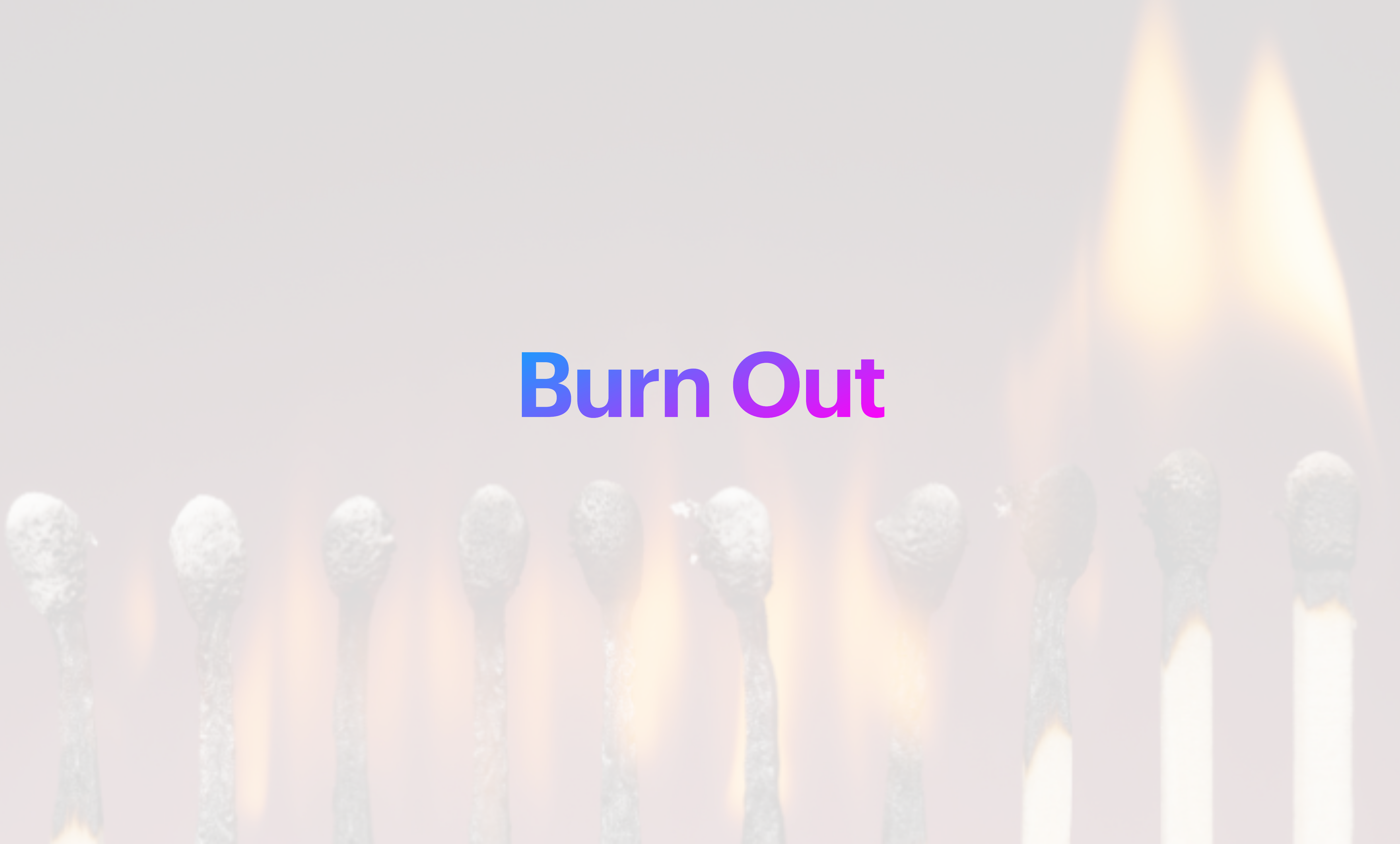


Burn Out



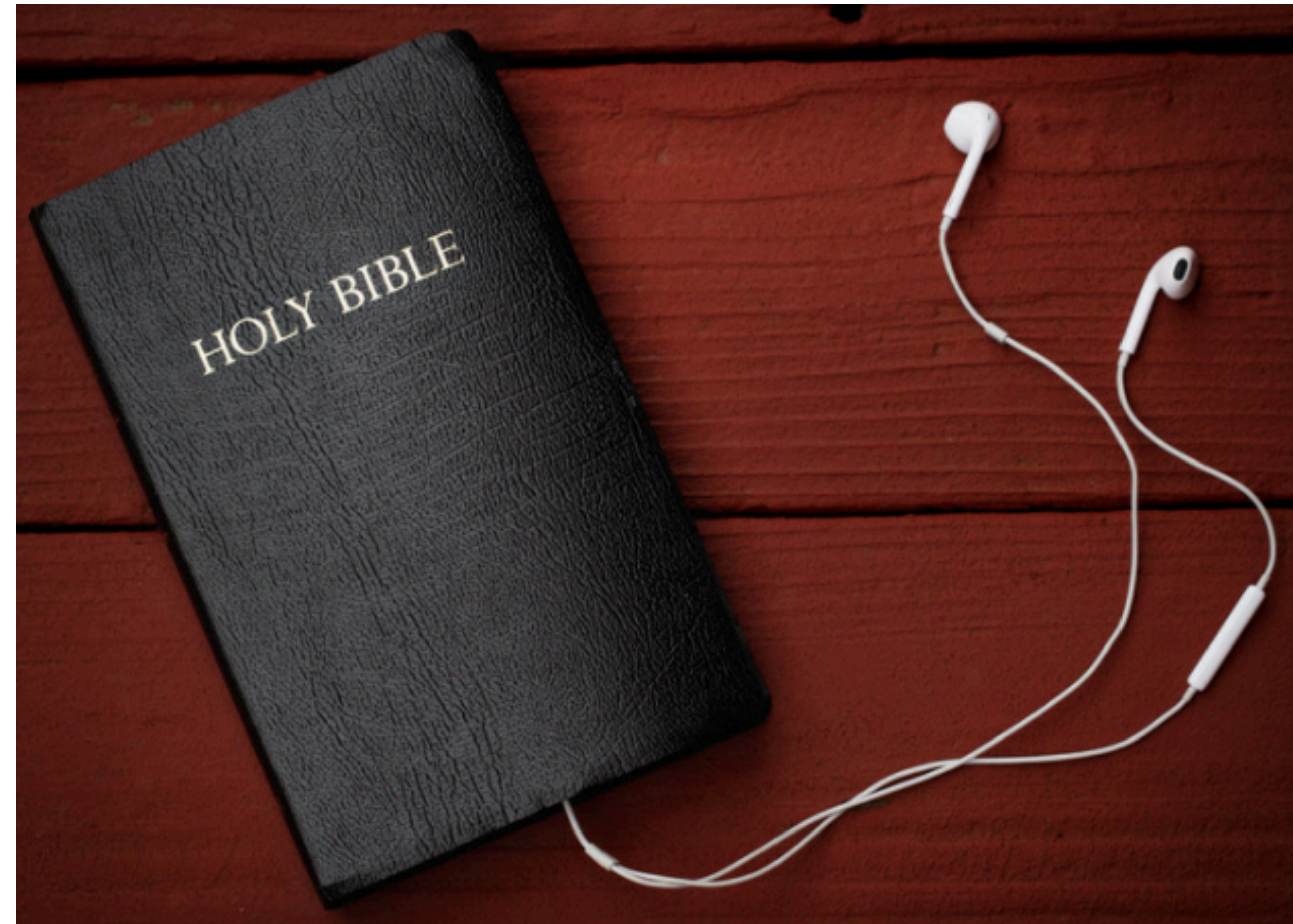
Introduction

- Saved in 2019
- Redemption Hill Church
- Married to Belinda (2017) with Emma (2019) and Caleb (2021)
- Favourite preachers: John MacArthur, Steve Lawson, RC Sproul
- Work: Orthopaedics Resident
- Hobbies: Running



Hearing from God

- Minimal handles/ practical tips
- “What does scripture say?” (Rom 4:3)
- It does not mean that Rest/ post call/ work life balance... is unimportant
- But it does mean that we need to address the root of the problem
- I am a fellow man on the same boat



Definition

“Losing Heart”

- "the ¹**extinction of motivation** or incentive, *especially* where one's devotion to a cause or relationship ²**fails to produce** the desired results."
- Dr. Herbert J. Freudenberg, in his 1974 book *Burnout: The High Cost of High Achievement*



2Corinthians 4

Learn from Apostle Paul

- 2Cor 4:1 “We do not lose heart”
- 2 Cor 4:2-15
- 2Cor 4:16 So, We do not lose heart



Paul

Every reason to lose heart

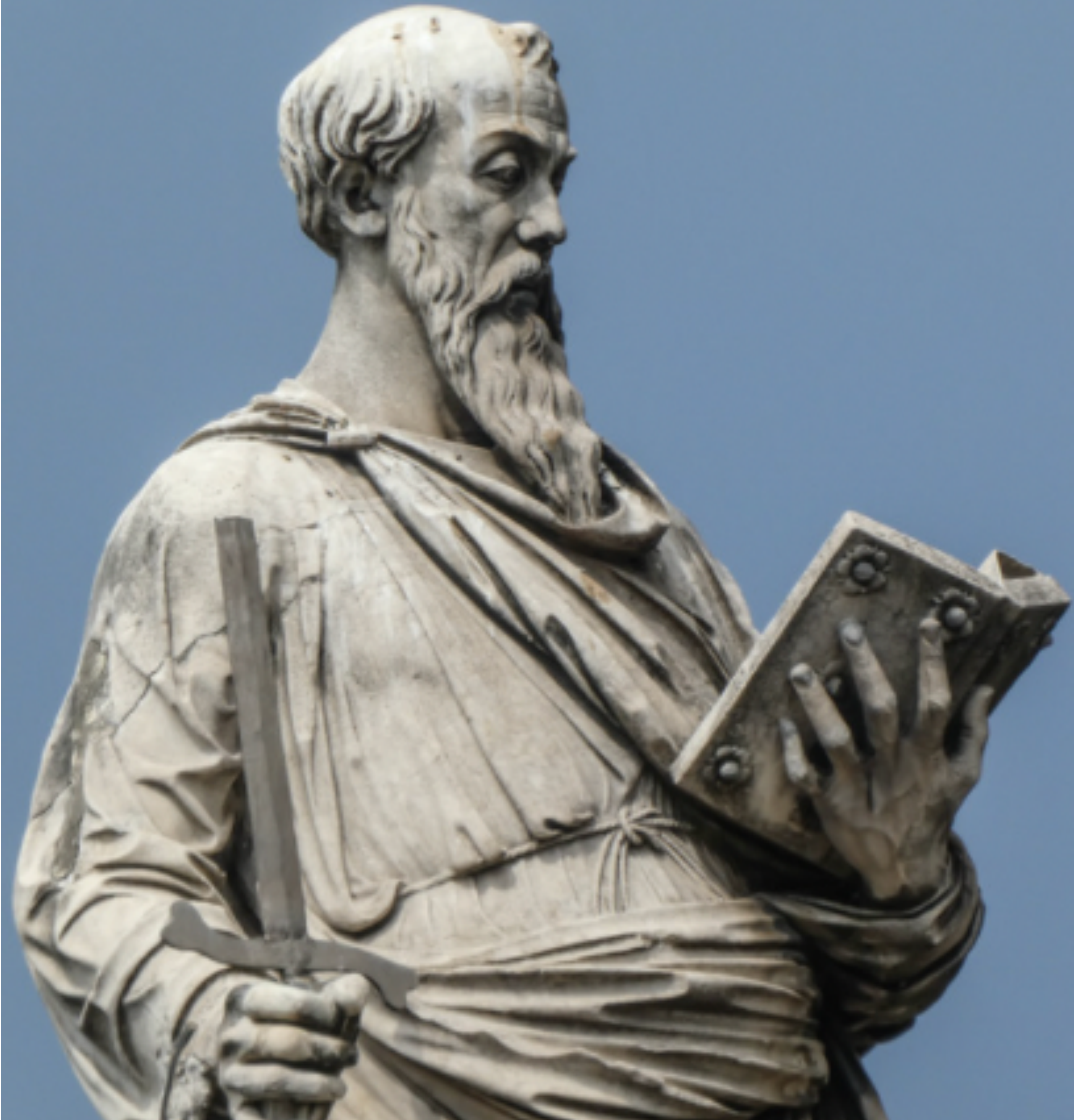
- 2Cor 1:8-9 utterly burdened beyond our strength, that we despaired of life itself
- 2Cor 1:9 - felt that we received the sentence of death
- 2Cor 6:8-10 - slandered, dishonoured, treated as imposters, punished.
- 2Cor 11:24-29 - lashed, stoned, beaten, dangers, sleepless, hungry, thirsty, daily pressures



Paul

But he did not

- 2Cor 5:6, 8 We are always of good courage
- 2 Cor 4:7-9 Not crushed, not driven to despair, not forsaken, not destroyed
- 2Cor 6:9-1- not killed, always rejoicing, possessing everything



**Is Paul's Ministry same as
my work?**

Work is a Ministry

- God worked (Genesis)
- Jesus worked (Carpenter)
- Paul is given the gift of preaching, We are given the gift of work (Ecclesiastes 5:19)
- For one purpose - to build up Christ's name



2Cor 4:1-6, 16

Do not Lose Heart

Observations

1. Sufficiency in Christ
2. Source and Reason of Ministry
3. Working for Jesus
4. God determines the results

1 Therefore, having this ministry by the mercy of God, we do not lose heart. **2** But we have renounced disgraceful, underhanded ways. We refuse to practice cunning or to tamper with God's word, but by the open statement of the truth we would commend ourselves to everyone's conscience in the sight of God. **3** And even if our gospel is veiled, it is veiled to those who are perishing. **4** In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. **5** For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. **6** For God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.

According to Paul

He does not “lose heart” because:

- He finds sufficiency in Christ
- He views his ministry as a gift of mercy
- He sees himself as a servant of Jesus
- He knows results belong to the Lord



According to Paul

We “lose heart” because:

- Not find our sufficiency in Christ
- Not viewing our vocation as a gift of mercy
- Not seeing ourselves as servants to Jesus
- Not understanding that results belong to the Lord



Implications

Application of Knowledge

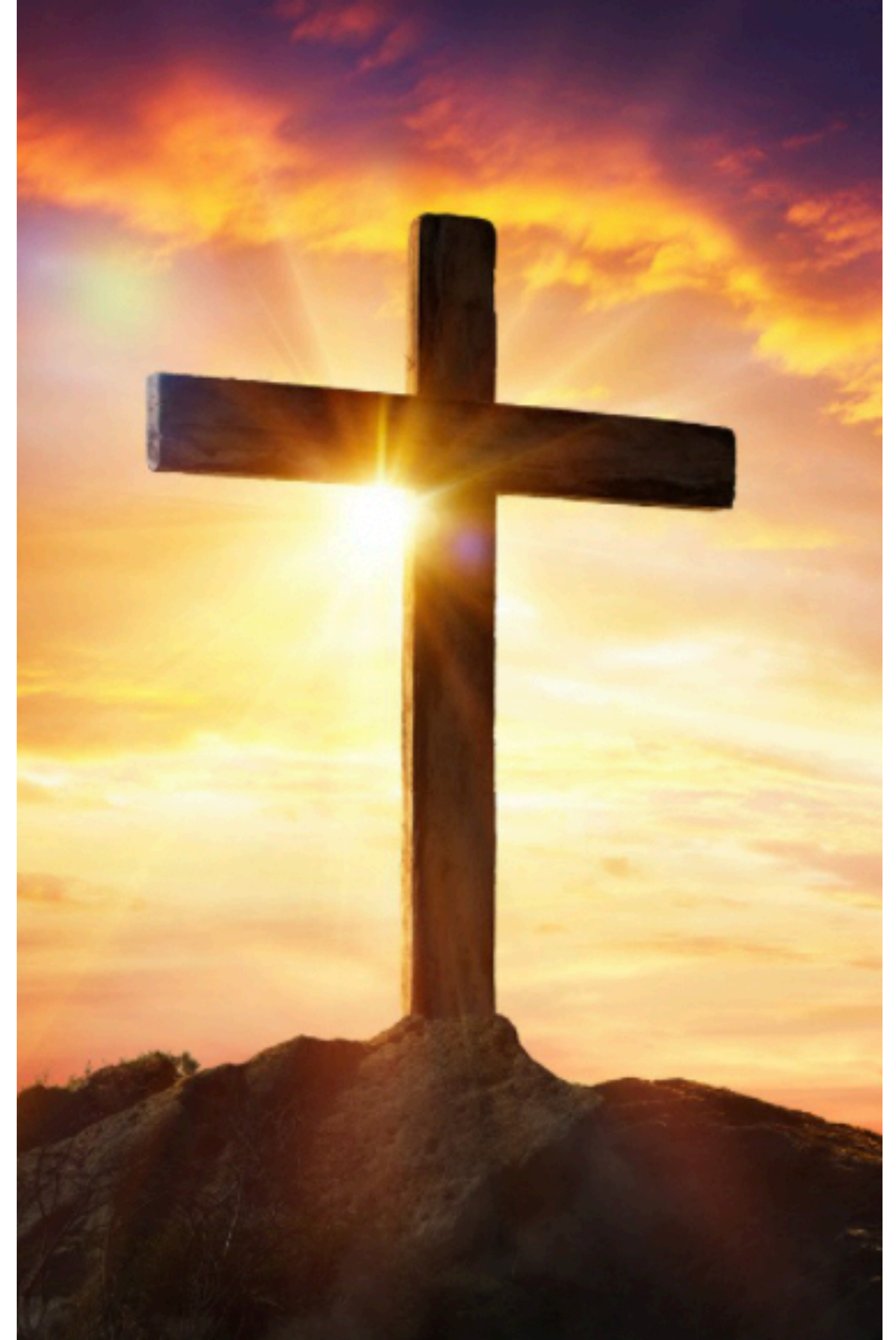
- If what we read and learn from Paul is true, then...



#1 Sufficiency in Christ

Application

- Common sources of false sufficiency 1John 2:16
 - For all that is in the world—the desires of the **flesh** [Lust] and the desires of the **eyes** [Money] and **pride** of life [Self]—is not from the Father but is from the world.
- At least 2 ways this can play out
 - We have made this career choice out of **idolatry** → so burn out due to no real interest
 - We made this career choice in Christ, but halfway we seek these other **idols** → so burn out because we lost sight of Christ
- **Q: Where are we finding our sufficiency?**



#2 Work is a Gift of Mercy

Application

- Due to the fall, work and humans are broken and we tend to not see work as gifts but as:
 - Utilitarian (Ecc 3:9)
 - Meaningless (Ecc 4:8)
 - Robbing of pleasure (Ecc 1:14)
- If we see work as the above 3, it will contribute to us losing heart
- **Q: How are we tempted to think about our work?**



#3 Work unto the Lord

Application

- Plays out in at least 2 ways
 - Work with the Lord as your main paymaster
 - Flee from sin, *not just at work* but in our lives.
 - Sin leads to burdens emotionally and physically
- **Q: How are we tempted to fall into sin as we pursue success at work → resulting in extra burdens and stress?**



#4 Results are from God

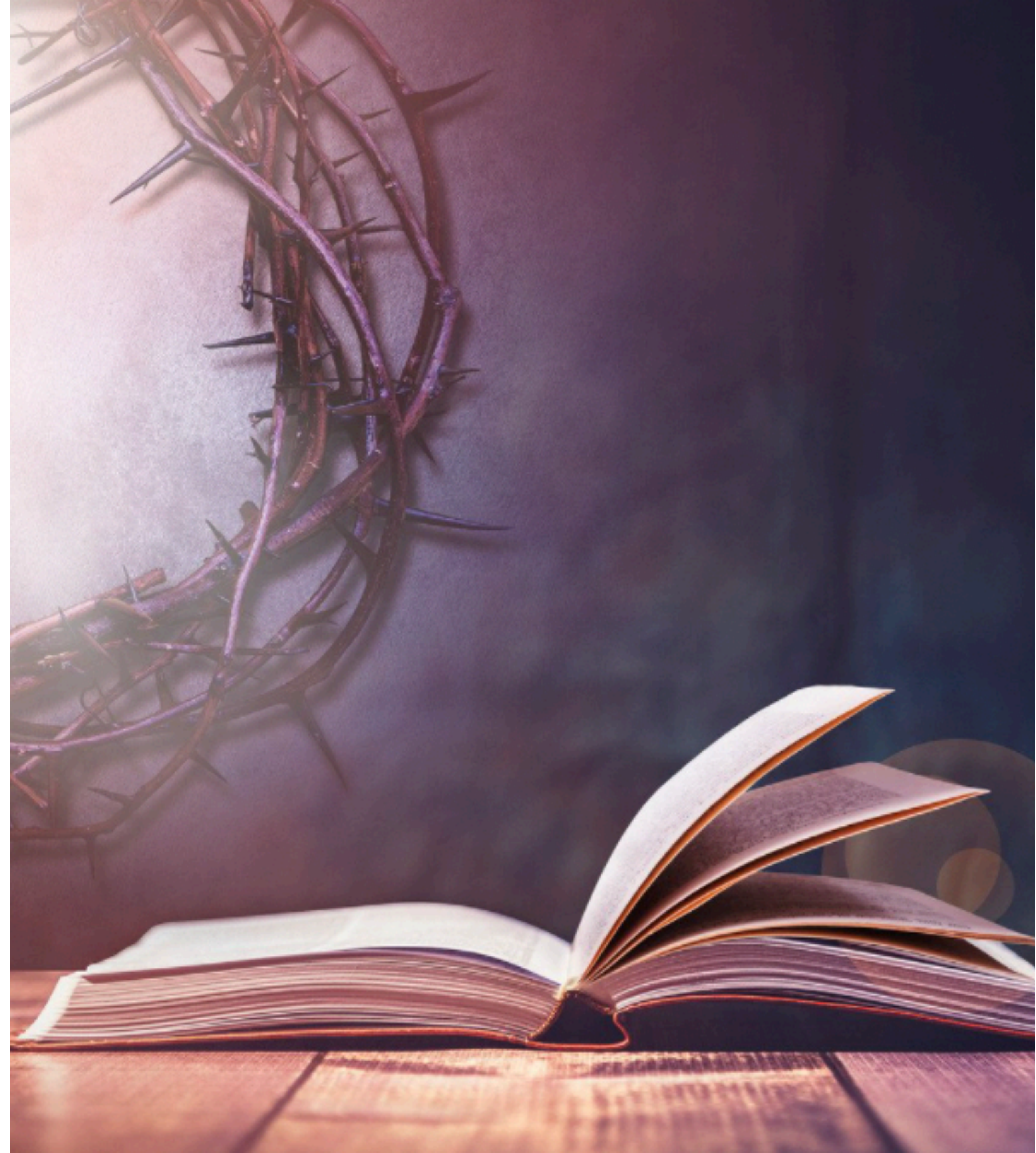
Application

- If our reason for burnout is due to the lack of results/ unmet expectations, it can reveal at least 2 things
 - Pride - we think we deserve that result
 - Distrust - we are not trusting God that he is providing the best for us
- **Q: Do we trust in Romans 8:28?**



Summary

- #1 Find ALL Sufficiency in Christ
- #2 View Work as an undeserving gift
- #3 Work for Jesus
- #4 All results are from God



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What to do now?

- **Symptom** - burn out
- **Problem** - hearts are sick (Her 17:9)
- **Investigate** - word of God (Heb 4:12)
- **Diagnose** - word of God (Heb 4:12)
- **Treat**
 - Go to God, Find ALL sufficiency in Christ
 - Word of God (John 17:17), through His Spirit, by His Power
 - Avail yourself to means of Grace - Word and Community
 - Take Action (Human responsibility)
 - Steward your body well - eat, drink, sleep, rest...
 - Remain in the position you are called with a new perspective
 - Change career



Doxology

Titus 2:11-12a

For the grace of God has appeared, bringing salvation for all people, **training** us to renounce ungodliness and worldly passions...

