

# *From Burnout to Balance* ☆

Matthew 11:28-30

**Definition of Margin:** The space between my current load and my breaking point.

## **Without margin we get:**

1. Stressed Out
2. Self-Absorbed
3. Relationship Poor

## **Why do we live this way?**

1. Fear of missing out. (Falling behind)
2. Guilt of underperforming. (Not matter)
3. False belief of a “Superman Syndrome” (No limits)

## **What is God’s plan for us?**

1. Accept our God given limits.
2. Allow God to insert His margins.



Current Series “Running On Empty”

From Burnout to Balance *Part 1*-Message by Pastor Jesse Elizondo (1/10/10).

<http://www.tworiversbiblechurch.org/connected/sermons/>

# REALife Application

## **Scripture for the Week**

**During the week, you can read and meditate on these verses of Scripture. Ask God to help you embrace and apply these truths to your life.**

**Job 14:5** Man's days are determined; you have decreed the number of his months and have set limits he cannot exceed.

**Psalms 39:4** "Show me, O LORD, my life's end and the number of my days; let me know how fleeting is my life.

**Psalms 39:5-7** You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man's life is but a breath. Man is a mere phantom as he goes to and fro: He bustles about, but only in vain; he heaps up wealth, not knowing who will get it. "But now, Lord, what do I look for? My hope is in you.

**Psalms 90:12** Teach us to number our days aright, that we may gain a heart of wisdom.

**Psalms 89:47** Remember how fleeting is my life. For what futility you have created all men!

**Proverbs 3:5-6** Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

**James 4:13-16** Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." As it is, you boast and brag. All such boasting is evil.

# From Burnout to Balance <sup>☆</sup>

Matthew 11:28-20

**Definition of Margin:** The \_\_\_\_\_ between my \_\_\_\_\_ and my \_\_\_\_\_.

## Without margin we get:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Why do we live this way?

1. \_\_\_\_\_ of missing out.
2. \_\_\_\_\_ of underperforming.
3. \_\_\_\_\_ belief of a “Superman Syndrome”

## What is God’s plan for us?

1. Accept our God given \_\_\_\_\_.
2. Allow God to insert His \_\_\_\_\_.



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