

## Doing Too Much? Part 1 When Your Output Exceeds Your Input

Mister Brown: Have you ever felt like you were so exhausted that you couldn't think straight? I mean, you were tired. You were tired of being tired. If you find yourself in that situation it might be because you're doing too much. Now, I remember this statistic from a long time ago, it said that, "20% of the people do 80% of the work." That's in organizations, that's in schools, in business, and even in church. And when I think about that I think about my grandparents. My grandfather was the pastor of the church. My grandmother did everything else. My grandfather drove the bus that, he picked people up for every rehearsal, for services, he preached, he was the main disciplinary, he did everything. While my grandmother did everything that he didn't do. She ran the youth group, she ran all the special events, she was over Sunday service, she was over the choirs, and even special fundraisers. My grandmother did everything in the church,

And so as I think about those who serve in churches, especially those who are doing ministry for children and leading whether it's with children or teens, you can get exhausted. Because you have a passion for what you do. And sometimes you feel like if you don't do it than no one else will and it has to get it done. And I get it, it has to get done. But how many of you are exhausted because you're doing too much? Say oh yeah. Oh Yeah.

Now, I'm not trying to discourage you from doing ministry and doing your best or giving your all because you should. The Bible says that whatever you do, do with all of your might for there's no knowledge or wisdom in the grave you're going. Solomon said in Ecclesiastes, you're going to die so do all you can. Matter of fact, another verse says, it's up there on my wall up there, Colossians 3:23 "Whatever you do, work with all your might," not, wait what does it say? I'm mixing up verses. Whatever you do work with at it with all your heart as unto the Lord and not for men. There you go, working for the Lord and not for men. So the idea is that was should do our best. I'm not trying to discourage you from ministry by talking about you doing too much. But the reality is that sometimes we need to slow down. We need to slow down. We need to slow down and get filled up before we give out.

Now let me give you an illustration about that. Now I travel a lot and travel and speak around the country. Everytime we fly they give out an announcement. You know that announcement about seatbelts, which is funny because they tell you to put your seatbelt on after you put your seatbelt on. But I guess they're making sure you're putting them the right way. But they get on the mic and they do they're presentation, so I want you to check out this presentation. It's pretty unique. If you ever fly southwest, you know they like to have fun. This was recorded a couple of years ago but this guy did a great presentation on the flight attendant announcements. Check it out.

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Flight Attendant: “Push the black part in or release the part and buckle again. Wear it tight. Wear cool. Across your hips. But it’ll be on your seat for the entire trip. We have six ways of the 737. Two at the wing, at door, roll eleven. In the port, in the back are two exit doors. You’ll find the bottom side the club and lights on the floor. Federal. Aviation regulation means you have to comply with the following. The posted blocked, the light inside, the things we’ve told you 100 times. And if you still don’t get the way this is sounding then that means you belong to us until you’re on the ground again. If the pressure drops in the cabin, the oxygen mask is what you’ll be grabbing. Forward dropping, in the compartment above you, no need to fight we got enough for all of you. Pull the tube until it’s fully extended, then put the mask on likes it’s intended. Over your mouth and nose and breath normal. Keep the mask on until we inform you. Even though those bags may not inflate. You’re still getting oxygen at the regular rate. If someone needs help please understand. Put your mask on first, then you give them a hand.” (this may not be accurate).

Mister Brown: Basically what he was saying was this, the air masks will come down, they don’t expect it happen, but if it does make sure to put your oxygen mask on first before you assist someone else. Whether that’s a child or someone needs assistance, make sure you put yours on first before you put theirs on. And we traveled a lot with sophia and they would often say it but they would walk the isle and remind us again as parents to make sure we put on our masks first and then her mask. And they do that to all the parents who have children because they know our hearts. Our heart is ‘we don’t want our baby to die. My baby gone die if they don’t get oxygen.’ But the reality is this, if you don’t put your mask on first, you can’t help anybody else.

You can’t help anybody else breath, if you can’t breath. Here’s the reality. You can’t help anybody else breath, if you can’t breath. So they tell you to put your mask on first. In essence, it’s you first. You can’t help anybody else if you don’t have the energy or air to help anybody else.

The same thing is true when you’re serving in ministry. You have to make sure you’re able to breath because you want to help other people breath.

Here’s my main point for the day, I want you to write it down, I’ll put it on the screen but I really want you to think about this statement. I don’t know where it came from but it stuck with me for years in ministry. It goes like this. Are you ready? Here it is. Got your pen ready? Got your pencil or whatever? Write it down. Here it goes.

## Doing Too Much? Part 1

### When Your Output Exceeds Your Input

When you output exceeds your input your upkeep will be your downfall. When your output exceeds your input your upkeep will be your downfall. Now let me break that down for you. When your output, that means what you're putting out, what you're putting out to the world, whether that's at home, at church, when you're giving so much to everyone else, if that output exceeds whatever you're putting into your life, what you're getting for yourself, you keeping that up will be your downfall. What I mean by downfall is that you will crash and you will crash hard. I've been there. And it can come slowly but it's going to come. So you have to make sure that you're putting stuff into your life. That you're feeding yourself, that you're being fed. That you're being filled. See, I love this verse in the Bible, in Psalms 23 it says 'you fill my cup and let it overflow.' And I think about that in ministry because ministry is not something we go and do. It's something of an outpouring of our lives. It's something that overflows. If you're spending time with the Lord, if you're growing, and you're learning so much, it's going to overflow.

Think about this. If you're walking around and say you go to a buffet. You go up and get your tray and you get your stuff, get your drink, and you're walking back to your table and someone bumps you. And they bump you hard enough so whatever's in your cup gets spilled. If it was filled all the way to the top it would spill all over the place. But if you had this much in it then it wouldn't spill at all. It would just move over a bit. So I love the analogy that our lives should be filled with God. So if we're filling ourselves with the things of Lord it will spill out to other people's lives.

So the quote, write it down if didn't already. If your output exceeds your input your upkeep will be your downfall.