

# Lifehouse Church

Maximize Christ Potential in You





# SUMMER INNIN STRETCH



*Philippians 4:6 - God will continue a good work within you*

**IT'S NOT OVER. GOD'S JUST GETTING WARMED UP.**

# BIG IDEA

What God starts in the Spirit  
can't be completed in the flesh







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Oral Roberts Comeback (1) Video Clip

# Summer Inning Stretch

1. First inning Faith
2. Mid Game Mindset





Galatians 6:9 (NLT) - “So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing — if we don’t give up.”



# BIG IDEA

Your breakthrough  
might be one inning away





# Mid Inning Slump



Galatians 6:9 (NLT) - “So let’s not get tired (**fatigue**) of doing what is good (**focus**). At just the right time we will reap a harvest of blessing — if we don’t give up (**persistence**).”



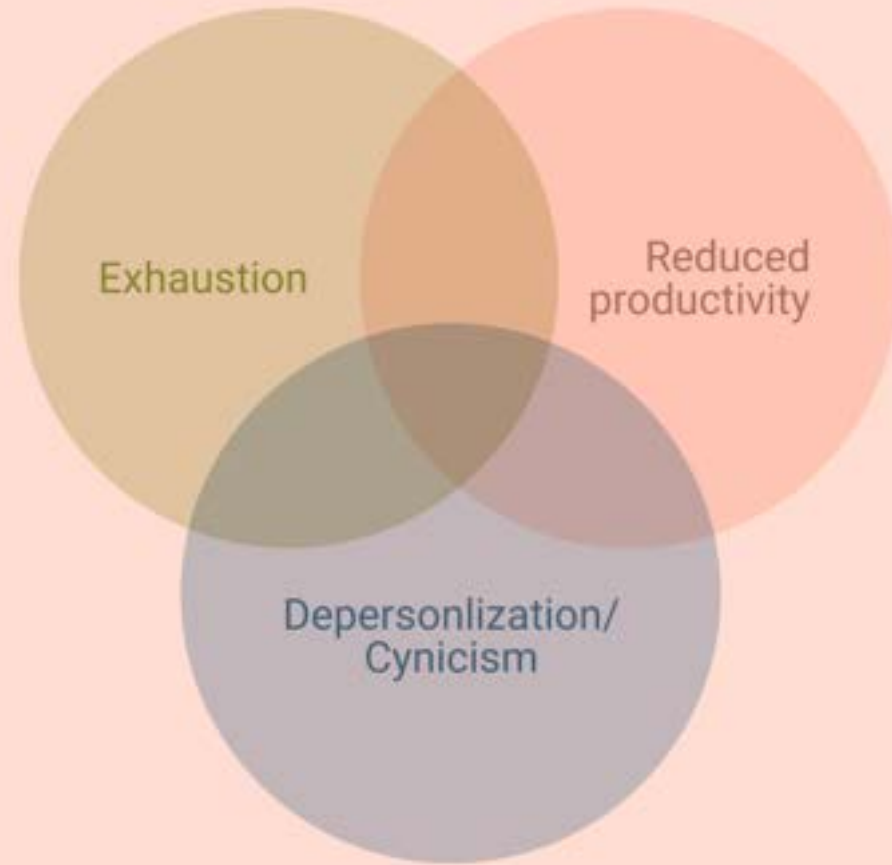
# Mid Inning Slump

Point 1 - Fatigue Fights Focus





## The 3 symptoms of burnout (Maslach Burnout Inventory)



# Fatigue Indicators

1. Emotional numbness
2. Cynicism toward people and purpose
3. A collapse in motivation and performance



# Big Idea

**“Burnout is not a weakness - it is a warning”**







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1 Kings 19:3-4 - 3 Elijah was **afraid** (sign of fatigue) and **fled** for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "**I have had enough**, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."







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# Steps to Restoring Focus

1. Rest Physically and Spiritually



1 Kings 19:5–6 (NLT) “Then he lay down and slept under the broom tree... But as he was sleeping, an angel touched him and told him, ‘Get up and eat!’”



# Spiritual Principle

Sleep is sacred  
when it's paired with  
**SURRENDER TO GOD**





# Application Step

Take a day each week...

A weekend each Quarter...

A week each year...

AND...Sabbath (to cease, stop, rest)



# Steps to Restoring Focus

1. Rest Physically and Spiritually
2. Reprioritize what is important



# Big Idea

We don't have a burnout problem...  
We have a boundary problem





Matthew 6:33 (NLT) – “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”



# Application Step

Do a “Kingdom Audit” of your calendar. Ask:

1. What’s draining me that God never called me to carry?
2. What’s missing that strengthens my soul (worship, rest, family, purpose)?
3. What would my schedule look like if God set the agenda?
4. What are your Priorities?
  - 1) God 2) Health 3) Marriage 4) Family 5) Career 6) Social / Hobby



# Steps to Restoring Focus

1. Rest Physically and Spiritually
2. Reprioritize what is important
3. Reignite through Worship





Psalms 19:7 (NLT) - “The instructions of the Lord are perfect, **reviving** (Meshivat) the **soul** (Nefesh).

Meshivat = to return, restore, or bring back

Nefesh = the whole self — emotions, desires, mind, and will





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# Mid Inning Slump

Point 1 - Fatigue Fights Focus

Point 2 - Distraction Derails Discipline





Hebrews 12:1–2 (NLT) “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 trips us up. And let us run with endurance the race (agon - agony) God has set before us. We do this by **keeping our eyes on Jesus**, the champion who initiates and perfects our faith.”



# Mid Inning Slump

Point 1 - Fatigue Fights Focus

Point 2 - Distraction Derails Discipline











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Chanting Balls Video Clip



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2 Corinthians 10:4-5 - 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ...





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# Holy Spirit "Mound Visit"

1. Recognize the Thought Immediately

Action Step: "Who told me that thought?"

(God / Enemy / My Flesh)



# Holy Spirit "Mound Visit"

## 2. Interrupt the Thought with Truth

You can't defeat a lie with silence  
— you defeat it with Scripture.

Action Step: Have 3 go-to truth verses prepared



# Holy Spirit "Mound Visit"

## 3. Refocus on Assignment, Not Emotion

Feelings are real — but they are rarely reliable.

Jeremiah 17:9 - The heart is deceitful above all things...

Action Step: What did God last ask me to do?" Then do it





# Mindset Shift

You don't fight thoughts with more thoughts.

You fight them with truth - with worship –  
and with focus on God's Word.



# Mid Inning Slump

Point 1 - Fatigue Fights Focus

Point 2 - Distraction Derails Discipline

Point 3 - Persistence Produces Power



James 1:12 (NLT) “God blesses those who patiently **endure testing** and temptation. Afterward they will receive the crown of life that God has promised to those who love him.”







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# Application Step

**Write a Declaration Card:  
Place it where you will see it each morning**

- Declare it out loud:**
- I will not quit on what God has called me to.
  - I will stay faithful until I see the fruit.







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James 1:12 - God blesses those who patiently endure testing... afterward they will receive the crown of life.”





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