

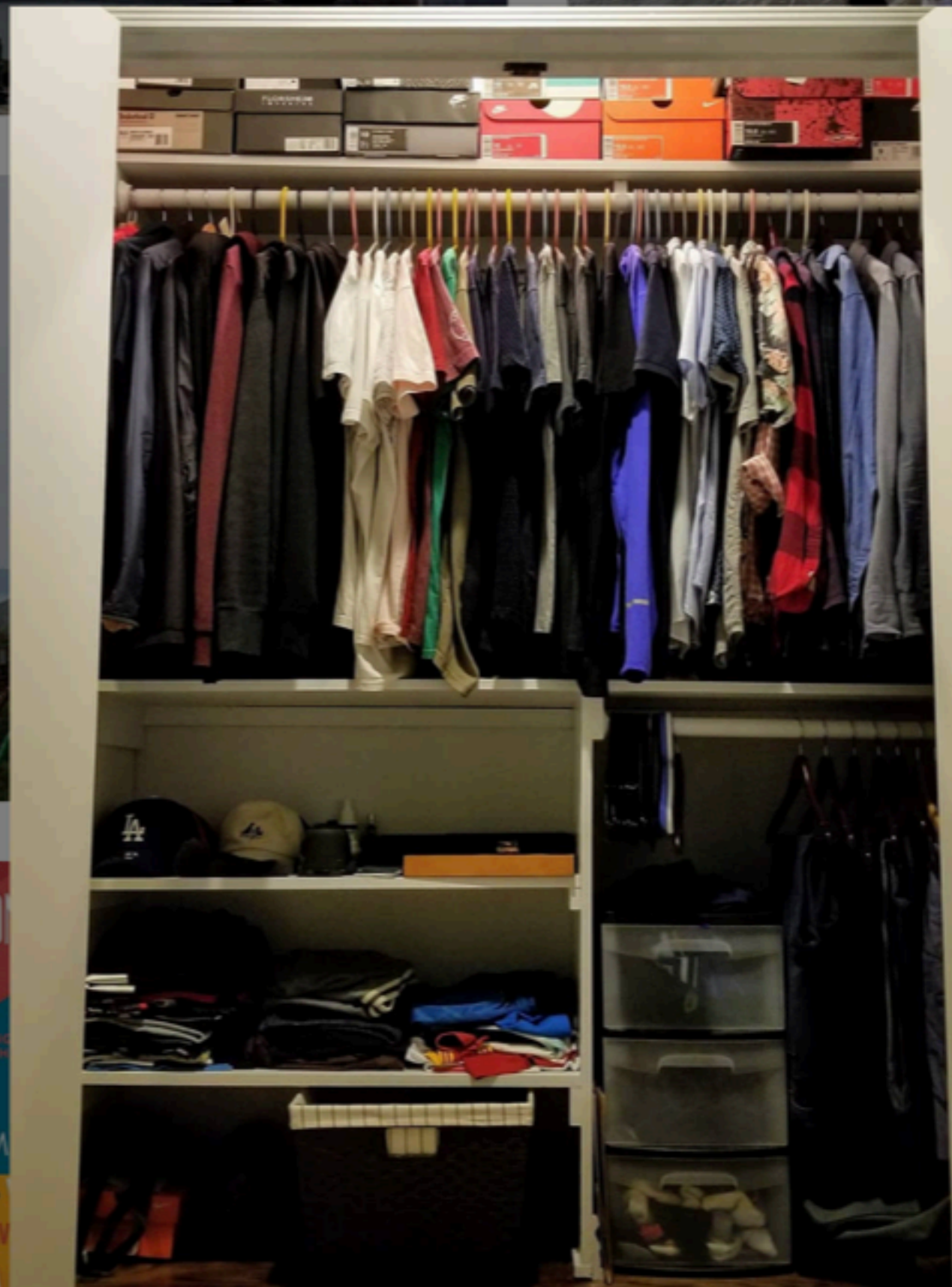


burned out
on burnout?

4. resting with Jesus



Search



gojoshlo



A pic of my closet at the beginning of 2019 AND what will also be my closet at the end of 2019! As I prepped for a message on giving and tithing at the end of 2018 (link in bio if you wanna take a listen), I felt God challenging me to trust him more, live more simply, and give more away. As you can see, I have more than enough clothes, shoes, and accessories. So my New Year's resolution for 2019 is to not buy any of these things!



#newyearsresolution #noshop2019
#livingmoresimply
#givingmoregenerously
#enjoyingwhatihave
#worryinglessaboutwhatidont
#yallneedtoholdmeaccountable



Liked by thshih and 28 others

JANUARY 14

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Post



PASSION
BELIEVING
STILL CH
JIMM
DAV
REACHING
MILLENNIALS

CONNECTED STRATEGICAL
EDUCATE
STRATEGICAL



What is taking up space in your mind, heart, and schedule?



Matthew 11

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."



*We burnout when we become so busy or distracted
that we aren't able to rest with Jesus.*



Mark 6

³⁰ The apostles returned to Jesus and told him all that they had done and taught. ³¹ And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. ³² And they went away in the boat to a desolate place by themselves.



*Problem: We don't always want to go to a desolate place
with Jesus.*

self care

- sleep
- turn off brain
- errands
- people
- TV/sports
- shopping
- eat (un)healthy foods
- exercise
- isolate
- pets



self care



soul
~~self~~ care

Getting away with Jesus and resting with Him.



“Come away by yourselves to a desolate place and rest a while.”

- Jesus



What do you do when you're stressed out or busy?

How do you spend your time when you're not working or on weekends?





Average Screen Time: 3 hrs 56 min





"Smartphone Thumb"



resting from phones

- 1) Leave in another room*
- 2) Turn on "do not disturb"*
- 3) Put in closet at night*
- 4) Get an alarm clock*
- 5) Face Time before Screen Time*

“Come away by yourselves to a desolate place and rest a while.”

- Jesus





Leviticus 23

³ “There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the Lord.

sabbath

Rest

Reset

Trust

epicentre.org/lessons





Matthew 11

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#BURNEDOUTONBURNOUT

reflection

What keeps me from resting with Jesus?

What might engaging in soul care look like for me?

How can I incorporate Sabbath into my weekly rhythm?

#BURNEDOUTONBURNOUT