



Fatigue

Selfcare in Two Letters: Mark 6:30-33

Pastor Jerome Gay Jr.

Announcements

- ❑ First-time guest (Tour 4)!
- ❑ Suggested Reads: [The Ruthless Elimination of Hurry](#)
- ❑ Remember that this is a series, so, don't miss a week

We are in week 2 of our series called [Fatigue](#) and we're talking about burnout and how we can go from surviving to thriving, let recap what the Lord revealed to us last week:

My heart for this series is I want us all to:

- 1) Take our schedules back
- 2) Offer them (our schedules) to God
- 3) Live within our limitations
- 4) Establish healthy rhythms
- 5) **Enjoy YOUR life**

Burnout is a state of emotional, physical, social, mental and spiritual exhaustion primarily caused by **mismanagement** and **overcommitment**.

We said that burnout happens not because we work hard, but because we only work hard. In order to break the cycle, we must begin to steward our energy and steward it well.

We all have four energy buckets and they're all connected:

- ❑ **Physical Energy** – this is often easily to detect because we feel it, but **too often we ignore our physical bucket until we're forced to pay attention to it.**
- ❑ **Mental Energy** – we don't realize that how we think and **what we allow our minds to focus on or embrace will either give life or drain us.** This is why Paul writes that we're to think about things that are worthy of praise (Phil. 4:8) and that we must fight thoughts that oppose God and our identity (2 Cor. 10:5).
- ❑ **Emotional Energy** – this has to do with our relationships and how we handle them and **how we process difficulty and joy.** Are we in draining relationships? Do we have the courage to leave? **What is draining me? (poured into drained into)**
- ❑ **Spiritual Energy** – this comes from understanding how God sees and values us. This comes from resting in Him and working from rest and acceptance, not to gain anything.

Take Note...

Living within boundaries automatically sets boundaries (tape).

A **slave mentality** is one that never rests, God's first lesson to His children was to rest, remember the evening a morning refrain:

- Evening, and there was morning: **day one** (Gen. 1:4)
- Evening, and there was morning: **day two** (Gen. 1:8)
- Evening, and there was morning: **day three** (Gen. 1:13)
- Evening, and there was morning: **day four** (Gen. 1:19)
- Evening, and there was morning: **day five** (Gen. 1:23)
- Evening, and there was morning: **day six** (Gen. 1:31)

Today, we're going to set some boundaries that'll protect your four buckets and ultimately enhance your walk with God.

In February of 1988, one of my favorite theologians said one of the powerful quotes that I'll never forget, his name **Michael Jackson** (pic) and he said:

I'm starting with the man in the mirror
 I'm asking him to change his ways
 And no message could have been any clearer
 If you want to make the world a better place

Take a look at yourself, and then make a change

I always find it interesting how we describe people as humans. Some point out physical factors like skin color or tone, size, while others may address a person's disposition. We may talk about aspects of a person's personality that stand out the most, we'll say someone is **driven**, **determined** or you may describe some of your friends as loud or **extra**. **Have you ever met someone with nervous energy?** They seem to always be in in a perpetual state of emergency. If I could assess and sum up the overall disposition of America, I'd use one word, **hurry!** The last time we were together I asked several questions and one of

them was **are you constantly rushing from one appointment to another?** Many of you answered yes, if hurry describes us than rest will always be elusive and seen unattainable.

How would you describe Jesus?

- Redeemer** – He has redeemed mankind from sin.
- Restorer** – He restores our souls.
- Rescuer** – He rescued us from eternal separation from God.
- Resurrected** – He defeated death.
- Radiant** – He tells us that He's the light of the world.
- Reliable** – I can trust Him, and He never lets me down.

Out of every 'R' word I've heard used to describe Jesus, I've never heard this one; **relaxed!**

- Relaxed** – Jesus didn't overreact and even in His humanity (boat | storm | sleep).

Burnout happens because we're consistently **hurrying** through life (track shoes). Consequently, our constant hurry causes us to miss things and we have to go back and fix things simply because **we refuse to slow down** and relax.

Thought Tattoo

Self-care isn't **selfish!**

Before we get to **Mark 6**, I want us to look at Moses to identify the problem many of us have. In **Exodus 18** we're introduced to Jethro, Moses' father-in-law who comes to visit his son-in-law to see how's he's doing after hearing everything

God had done for the children of Israel. What he finds is that Moses isn't doing well as it relates how he handles his responsibilities and the people that God has called him to. Moses gives us an example of someone who through the prompting of an older gentleman, decides to set a boundary (tape).

Exodus tells of God fulfilling his promise to Abraham by multiplying Abraham's descendants into a great nation, delivering them from slavery in Egypt, leading them to the Promised Land, and then binding them to himself with a covenant at Mount Sinai. Moses, under the direct command of God and as leader of Israel, received the Ten Commandments from God, along with other laws governing Israel's life and worship. He also led the nation in the building of the tabernacle, a place where God's presence dwelled among his people and where they made sacrifices for sin. Traditionally, Jews and Christians recognize Moses as the author, writing sometime after the Exodus from Egypt.¹

Who is Jethro?

Jethro was the father-in-law of Moses and father of Zipporah; Moses' wife. Jethro is first mentioned in the Bible in **Exodus 2:16** where he is described as "a priest of Midian." He is also referred to as **Reuel** (Exo. 2:18). The name *Reuel* means "friend of God," so the fact that the Bible calls him first by this name may mean that he was a priest of the **Most High God**.

While he's (Moses) experienced amazing miracles and just witnessed and was a part of one of the greatest miracles in human history; the parting of the Red Sea, he's burned out and overcommitted or at least headed towards it. Jethro gives him wisdom that will not only extend his leadership it can quite legitimately add years to his life, but before doing that **Jethro asks a question:**

Exodus 18:13-14

13 The next day Moses sat down to judge the people, and they stood around Moses from morning until evening. 14 When Moses's father-in-law saw everything he was doing for them he asked, "What is this you're doing for the people? Why are you alone sitting as judge, while all the people stand around you from morning until evening?"

Take Note...

Allow, accept and assess a new voice!

Jethro questioned Moses' method and life decisions in this moment and Moses allowed it. If you're not willing to allow other voices to speak into your life, you're functionally saying that your voice is the only one that matters and you're limiting God to speaking and caring for you to one way. **The first step in self-care is access, allowing others to have access to you in order for God to restore you and help you set healthy rhythms.** Remember, God speaks through others and he may be sending someone to you in order to take you out of an unhealthy cycle.

¹ [The Holy Bible: English Standard Version](#) (Wheaton, IL: Crossway Bibles, 2016), Ex.

Jethro asked Moses a question, you should ask yourself:

- Why do you keep rushing?
- Why do you keep putting dysfunction on repeat?
- Why do you keep allowing everyone else's emergency to be your emergency?
- How come you won't say no? (cape)

Check out Moses' response:

Exodus 18:15-16

15 Moses replied to his father-in-law, "Because the people come to me to inquire of God. 16 Whenever they have a dispute, **it comes to me**, and I make a decision between one man and another. I teach them God's statutes and laws."

Take Note...

Just because it has to be done doesn't mean YOU have to do it or do it alone!

I don't think Moses was seeking glory in answering everyone's questions, but the reality is there was a hole in his view of God and others. **Too often, when things come to us, we assume that we have to have the answers or that we are the answer.**

For some of us this is rooted in our need to be needed, because if we're not needed, we feel useless, but you and I must remember this, what you do doesn't define you and God's love for you isn't based on performance.

Exodus 18:17-26

17 "What you're doing is not good," Moses's father-in-law said to him. 18 **"You will certainly wear out both yourself and**

these people who are with you, because the task is too heavy for you. You can't do it alone.

Take Note...

Burnout doesn't only affect you.

Notice that Jethro tells Moses, that what he's doing will not only affect him, but others as well. Too often, we think we're the only one affected by our exhaustion and burnout, but Jethro was able to see beyond Moses and **you need to see beyond yourself in order to take care of yourself.** This is an amazing revelation for Moses and us because Moses doesn't see who's impacted the most by potential burnout and overcommitment.

To diagnose burnout sometimes it's not just about what you feel, but about who you forget. Moses doesn't seem to notice this about his current approach to ministry, he has others who need him to be healthy:

Exodus 18:5

5 Moses's father-in-law, Jethro, along with **Moses's wife and sons**, came to him in the wilderness where he was camped at the mountain of God.

- Jethro** – wisdom
- Zipporah** – covenant
- Gershom and Eliezer** – legacy

Perspective

- Jethro** could want to send his grandchildren back
- Gershom and Eliezer** want some time with their dad

- ❑ **Zipporah** just wants time with her husband (husband > minister) **Play This is Us Video** (don't bite your tongue | listen)

Men, yes, we're supposed to work and at times we have to work hard, but we must never use work as an excuse for relationally and emotionally neglecting our wives, children and brothers and sisters in Christ. There's no way Moses could've handled all of those disputes and spent meaningful time with his wife and children, which is why it's not a coincidence that they're there. **Burnout always affects you and those closest to you more than you think.** If Moses refuses to listen as many of you have it would have had a cascading effect on his wife and children and some of you are in this place right now and God wants you to come out.

Exodus 18:19-26

19 Now listen to me; I will give you some advice, and God be with you. You be the one to represent the people before God and bring their cases to him. 20 Instruct them about the statutes and laws, and teach them the way to live and what they must do. 21 But you should select from all the people able men, God-fearing, trustworthy, and hating dishonest profit. Place them over the people as commanders of thousands, hundreds, fifties, and tens. 22 They should judge the people at all times. Then they can bring you every major case but judge every minor case themselves. In this way you will lighten your load, and they will bear it with you. 23 If you do this, and God so directs you, you will be able to endure, and also all these people will be able to go home satisfied." 24 Moses listened to his father-in-law and did everything he said. 25 So Moses

chose able men from all Israel and made them leaders over the people as commanders of thousands, hundreds, fifties, and tens. 26 They judged the people at all times; they would bring the hard cases to Moses, but they would judge every minor case themselves.

What was Jethro's advice?

- ❑ Know your core calling and don't deviate from it (Exo. 18:19-20)
- ❑ Declutter your decisions (Exo. 18:21)
- ❑ Trust God with their life (Exo. 18:22)
- ❑ Lighten your load (Exo. 18:22) – find out what you can **delegate, automate** and what you need to **eliminate (time budget)**
- ❑ Realize it's okay to take care yourself and release yourself from the expectation of others (Exo. 18:23)
- ❑ **Selfcare is often spelled, N-O** (Exo. 18:23) Moses will have to tell some people, no and send them to others **(show them love by referring them to someone else)**
- ❑ Listen AND Apply (Exo. 18:24-26) Moses didn't just nod his head and go back to his same unhealthy routine. He listened, applied what Jethro told him by doing so he created a new rhythm for himself.
- ❑ Take off the cape!

Why is this so important?

Exodus 18:23

23 If you do this, and God so directs you, **you will be able to endure**, and also all these people will be able to go home satisfied

Living life in a constant state of hurry isn't sustainable.

How did Jesus model self-care?

Mark 6:30-33

30 The apostles gathered around Jesus and reported to him all that they had done and taught. 31 He said to them, "Come away by yourselves to a remote place and rest for a while." For many people were coming and going, and they did not even have time to eat. 32 So they went away in the boat by themselves to a remote place, 33 but many saw them leaving and recognized them, and they ran on foot from all the towns and arrived ahead of them.

In Mark 6, we find the disciples sharing with Christ all that had been done when they were sent out to share the gospel, verses 7-13 record Jesus sending out the twelve to share the gospel and they also had the power given to them by Jesus to cure diseases and heal people. Jesus takes his disciples to Bethsaida, which means house of fish. Luke's gospel lets us know where they are and Jesus used the word *sozo* to describe her healing, this word means being saved from sin **Matthew 9:21-22**, **Mark 5:34** and **Luke 8:48** use of the Greek word *sozo*, which is used to describe being saved from sin, this shows us that Jesus is consistent in letting us know that our greatest need isn't physical healing, but finding true soul satisfaction in Him. As a result of the miracle, a huge crowd follows them and Jesus is consistent in bringing this message of the kingdom, this echoes what he said in **Mark 1:15** about the kingdom of God being at hand and entrance into this kingdom requiring

repentance and belief in the gospel. Here's the point, they're coming off of a huge win and God says, don't add stuff to your schedule, let's get away and rest for a while.

Jesus shows us self-care in several ways:

- Celebrate the win(s)** – my car accident
- Get away** – desolate place meant a way to disconnect
- Rest** – allow time in silence and seclusion

Take Note...

Jesus wants to trade burdens with you.

Moses	Jesus
Hurry	Relaxed
Added More	Got Away
Needed Rest	Is Rest
Had Jethro	Sends the Holy Spirit

Take off your cape and turn to the cross!

Matthew 11:28

28 "Come to me, all of you who are weary and burdened, and I will give you rest.