



Teaching Notes: Ray Davis

October 2, 2011

How It Changes Everything!

desert breeze community church

Acts 18:1-28 “Avoiding Burnout”

Burnout: It is a loss of enthusiasm, energy, idealism, perspective, and purpose. It is a state of mental, physical, and spiritual exhaustion that goes far beyond mere discouragement. –The Complete Life Encyclopedia

When you consider the number of stress factors in Paul’s 2nd missionary journey (Acts 15-17) you can see why after traveling 50 miles to Corinth (“Sin City”) alone that he is physically, emotionally & spiritually exhausted (1Cor.2:3). Our tendency when we are stressed-out is to medicate only adding to our inevitable burnout, but our text teaches us how to recalibrate our lives in Christ avoiding burnout.

Verses 1-5 (Eccl. 4:9-12; Rom. 12:9-10, 15; Heb. 10:24-25)

- Don’t withdraw but engage with others & healthy activity.
- Draw from your relational equity the strength, love and support you need.

Verses 6-8 (Mark 1:32-39; Gal. 6:2, 5; Matt.11:28-30)

- Make sure you have a healthy sense of boundaries giving yourself margin.

Verses 9-11 (Ps.23:4, 46:1; Matt 28:18-20; Rom8:31-39; 2Cor1:3-4; Heb13:5-6)

- It is critical that objective truth (promises of God) becomes heart experience.

Verses 12-17 (2Cor.5:7; Pro.3:5-6; Rom. 8:28; Gen.50:20)

- God is working for our good & His Glory whether we can see it or not.

Verses 18-23 (Rom12:11; 1Cor.9:24-27, 15:57-58; 1Tim 4:7-8)

- Have a whatever-it-takes attitude to keep your heart fully devoted to Jesus Christ (Spiritual Disciplines).

Verses 24-28 (Rom. 1:16; James 4:6; 2Cor. 8:9, 9:8)

- The more you live in the reality of the Gospel the less pride and fear will dominate your life producing humble confidence (Blessed self-forgetfulness).



Growing

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- 1)** There has never been a culture more prone to burnout than ours. Agree or Disagree? Explain. What is burnout and what are some stress factors in your life that could easily contribute to burnout?
- 2)** Read Acts 18:1-28. When you consider the stress factors of Paul's 2nd Missionary Journey Acts 15-17 what would be the tendency of most of us, all alone in Corinth ("Sin City")? Why do you think we tend to medicate rather than recalibrate our lives upon Christ when we are stressed-out headed for burnout?
- 3)** What's the 1st thing Paul does in Corinth & how much do Silas & Timothy seem to assist him when they arrive (vv1-5)? What is the value of close relationships in dealing with stress & burnout (Eccl 4:9-12; Rom12:9-10, 15; Heb10:24-25)? What role does boundaries with margin play in avoiding burnout (Matt.11:28-30)?
- 4)** What does it mean that objective truth (Promises of God) must become heart experience (vv9-11)? How does knowing that God is working for our good & His Glory whether we can see it or not help to reduce stress (vv12-17)? What role do spiritual disciplines play in keeping ourselves spiritually fit & stress free (Rom. 12:11; 1Cor.9:24-27, 15:57-58; 1Tim. 4:7-8)?
- 5)** How does Apollos show an attitude of humble confidence (vv24-28)? How does living in the reality of the Gospel eliminate fear & pride producing humble confidence & reducing our stress level? Pray!