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Rest as Rhythm: The Answer to Burn Out

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Burnout.

- **5 Truths behind burnout.**
 - God doesn't get glory from burnout.
 - You are not the only exception to burn out.
 - Well done good and faithful servant = longevity obedience.
 - If you are not working FROM a place of rest - you are working FOR rest.
 - We miss eternal moments when we are exhausted & tired.

Setting ourselves up for Success.

- But with a caution...
 - These Rhythms are Spiritual Disciplines. Be aware of the temptation of legalism.
 - The Rhythms are only space for Jesus' presence to enter into our lives.
 - In rest we begin to see purpose in our work with new eyes.

The Daily Devotion

- Daily Bread
- Personalizing your Times with God.
- 5 Elements to think about incorporating your Times with God.
 - Element of Scripture
 - Element of Literature (Devotional)
 - Element of Prayer
 - Element of Meditation
 - Element of Worship

The Sabbath

What is the Sabbath?

- **What is it NOT**

- Just an Old Testament law?
- Another spiritual task
- Another Domestic Day
- Relaxing
- **What it IS**
 - Weekly Paradise
 - A different view of time
 - Time of Renewal
- **5 Tips for entering into the space.**
 - Give yourself grace - it's hard.
 - Shut off your inbox.
 - Complete a domestic day to run errands the day before.
 - Learn by trial and error.
 - Have an extended time with God on your Sabbath.

Sabbatical

- Background - Where did this start?
- Modern day Sabbatical - Is it even possible?
- How should the modern day Sabbatical be treated?
 - Reflection
 - Relationship
 - Reinstitution

Challenge - What is the next step...

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Upcoming High Point Speakers:

David Self – 2/6, 2/13, 2/27; 3/6, 3/13, 3/20, 3/27

Ameer Omar – 2/20