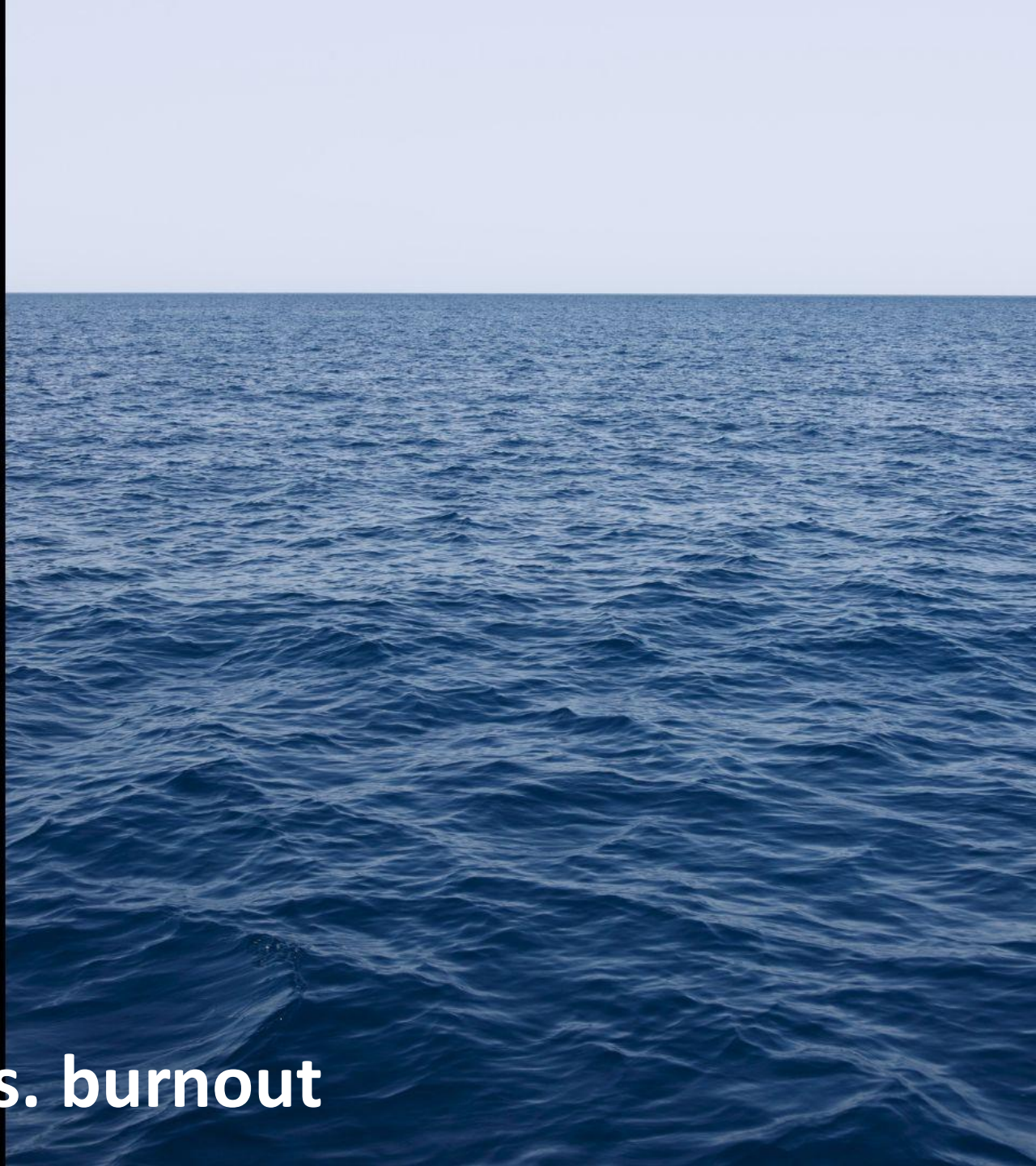


burnout and rest

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Burnout: The Challenges of Good Work in a Fallen World

Genesis 1:26–30



Overwhelm vs. burnout

We work as image bearers

Then God said, “Let us make man in our image, according to our likeness. They will rule the fish of the sea, the birds of the sky, the livestock, the whole earth, and the creatures that crawl on the earth.” So God created man in his own image; he created him in the image of God; he created them male and female. God blessed them, and God said to them, “Be fruitful, multiply, fill the earth, and subdue it. Rule the fish of the sea, the birds of the sky, and every creature that crawls on the earth.” God also said, “Look, I have given you every seed-bearing plant on the surface of the entire earth and every tree whose fruit contains seed. This will be food for you, for all the wildlife of the earth, for every bird of the sky, and for every creature that crawls on the earth — everything having the breath of life in it — I have given every green plant for food.” And it was so.

Genesis 1:26–30

We are stewards

“They will rule the fish of the sea, the birds of the sky, the livestock, the whole earth, and the creatures that crawl on the earth.”

Genesis 1:26

“Work is interfering in the human world to make it more suitable for human use.”

Yves Simone

We are priests

So God created man in his own image; he created him in the image of God; he created them male and female.

Genesis 1:27

We are multipliers

God blessed them, and God said to them, “Be fruitful, multiply, fill the earth, and subdue it. Rule the fish of the sea, the birds of the sky, and every creature that crawls on the earth.”

Genesis 1:28

We are grateful

God also said, “Look, I have given you every seed-bearing plant on the surface of the entire earth and every tree whose fruit contains seed. This will be food for you, for all the wildlife of the earth, for every bird of the sky, and for every creature that crawls on the earth — everything having the breath of life in it — I have given every green plant for food.” And it was so.

Genesis 1:29–30

Our vocation has been impacted by the Fall

And he said to the man, “Because you listened to your wife and ate from the tree about which I commanded you, ‘Do not eat from it’: The ground is cursed because of you. You will eat from it by means of painful labor all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. You will eat bread by the sweat of your brow until you return to the ground, since you were taken from it. For you are dust, and you will return to dust.”

Genesis 3:17–19

The challenges of good work in a fallen world

- The external challenge
- The internal challenge

- What to do where you can control
- What to do where you can't control



In all things, inhabit gratitude

Slaves, obey your human masters in everything. Don't work only while being watched, as people-pleasers, but work wholeheartedly, fearing the Lord. Whatever you do, do it from the heart, as something done for the Lord and not for people, knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ. For the wrongdoer will be paid back for whatever wrong he has done, and there is no favoritism. Masters, deal with your slaves justly and fairly, since you know that you too have a Master in heaven. Devote yourselves to prayer; stay alert in it with thanksgiving.

Colossians 3:22–4:2

it's time to

ask
anything

