

ANCHORED DESPITE EXHAUSTION

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Hebrews 12: 1 And let us run with perseverance the race marked out for us,

Doing Good to All

Galatians 6:1-10

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. 2 Carry each other's burdens, and in this way you will fulfill the law of Christ. 3 If anyone thinks they are something when they are not, they deceive themselves. 4 Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, 5 for each one should carry their own load. 6 Nevertheless, the one who receives instruction in the word should share all good things with their instructor.

7 Do not be deceived: God cannot be mocked. A man reaps what he sows. 8 Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. 9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. 10 Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Run Your race

~Know your Assignment

~Expect to be Exhausted

~Excited to Embrace your Race

~Are you exhausting yourself for the temporal or external?

In Your Space

~Know your Make and Model... "I Used to Be a _____" but Now, I'm a _____."

~Know your Strengths and Weaknesses... inventory

~What part of the fleet are you?

At your Pace

~Know your load limit...

~Know your Stress Level and your Crew

~Are you sinking or syncing with the Spirit?

~2 Cor 4: 5-10

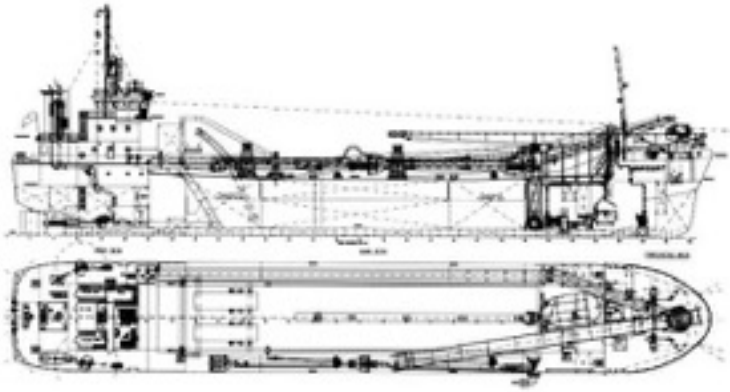
Under His Grace

Gauges and Tanks...

HALT...

Set a time and place to fill your space





4 parts of
our heart:

Enjoyments



~Shallow vs. Deep end

Psalm 37:3-4

People



Hebrews 10:24-25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

~ Aaron and Hur= _____

Time



The Balance

~God: John 15:5

~Husband: Matt 19:6

~Children: Duet 6:7

Sabbath



Mark 2:27

~Grounded in Exodus

~Liberation in Deuteronomy

Identify your taskmasters
and don't pull them into your
rest!

What now?

- ~Stop
- ~Start
- ~Keep

Book Resource List

- Crazy Busy by Kevin Deyoung
- Pure Pleasures by Gary Thomas
- The Rest of God by Mark Buchanan
- Not So Fast by Ann Kroeker

