

Battling Burn- Out

Galatians 6:1-
16





“The contest is while running to keep the torch still alight; if the torch of the first runner goes out, he has no longer any claim to victory, but the second runner has. If his torch also goes out, then the third man is victor. If all the torches go out, no one is left to be winner.”
- Pausanius (Ancient Greek Writer)

Galatians 6:1 Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, 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 he is something when he is nothing, he deceives himself. **4** Each one should test his own actions.



Then he can take pride in himself, without comparing himself to somebody else, **5** for each one should carry his own load. **6** Anyone who receives instruction in the word must share all good things with his instructor. **7** Do not be deceived: God cannot be mocked. A man reaps what he sows. **8** The one who sows to please his sinful nature,



from that nature will reap destruction; the one who 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.



**A Life of Faith
Requires
Energy.**



A Life of Faith

Requires

We do not use our own energy to lift up another's burdens.

another's

burdens.



A lit matchstick is positioned vertically on the left side of the frame. A thin, wavy plume of white smoke rises from the tip of the match, drifting towards the upper left. The background is a solid, deep black, which makes the white smoke and the yellow text stand out prominently.

*“You who are spiritual
should restore him...” – v.*

1



*“You who are spiritual
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1

*“Bear one another’s
burdens...” – v. 2*



*“You who are spiritual
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1

*“Bear one another’s
burdens...” – v. 2*

*“Share all good things with
the one who teaches...” –*

v. 6



*“You who are spiritual
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1

*“Bear one another’s
burdens...” – v. 2*

*“Share all good things with
the one who teaches...” –*

v. 6

“Let us do good to

A Life of Faith Requires


We ~~do not~~ **Energy**
another's burdens.

*We carry our
own loads.*




“If any one thinks he is something when he is nothing, he deceives himself.” – v. 3





“If any one thinks he is something when he is nothing, he deceives himself.” – v. 3


“Each one must examine his own work.” – v. 4



“If any one thinks he is something when he is nothing, he deceives himself.” – v. 3

“Each one must examine his own work.” – v. 4

“Each one will bear his own load.” – v. 6



“If any one thinks he is something when he is nothing, he deceives himself.” – v. 3

“Each one must examine his own work.” – v. 4

“Each one will bear his own load.” – v. 6

“the one who sows to the Spirit will from the Spirit reap eternal life.” – v. 8

**What is God's
solution to
renewing my
energy?**



**What is God's
solution to
renewing my
Proper vision? can
renew our energy.**



**What is God's
solution to
renewing my**

energy?
Proper vision can
renew our energy.

**Personal care can
renew our energy.**



