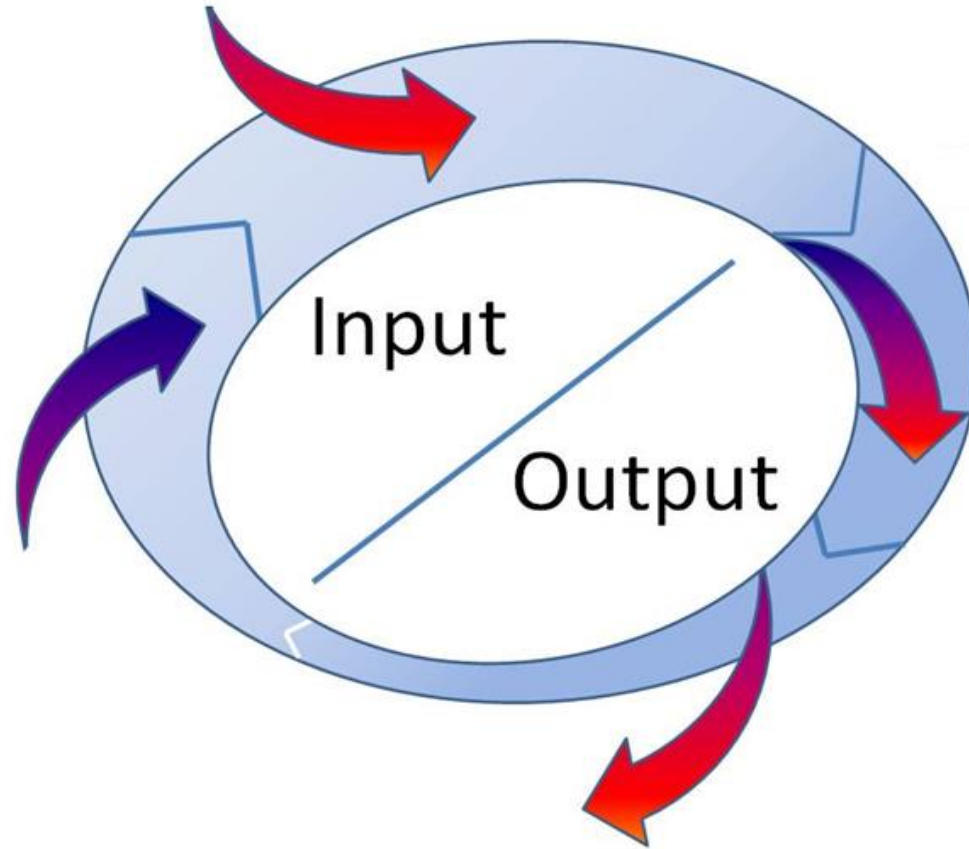


Living free from
BURN-OUT



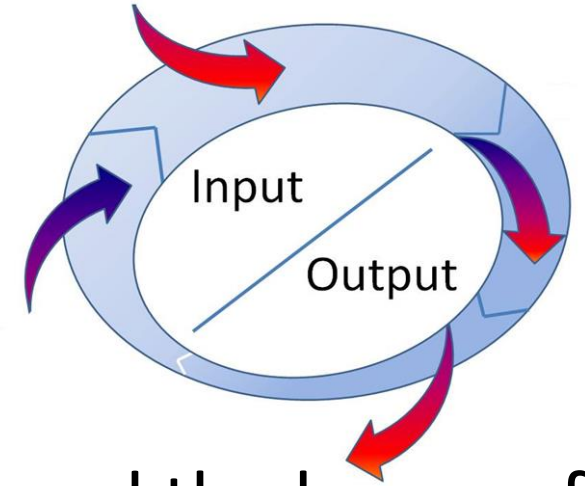




- Burnout in Indian Missionaries
- Dr Frank Lake and Emil Brunner
- Dynamic *Cycle Of Grace* based on the life of Jesus.



Jesus' life of balance: grace flowing in and out

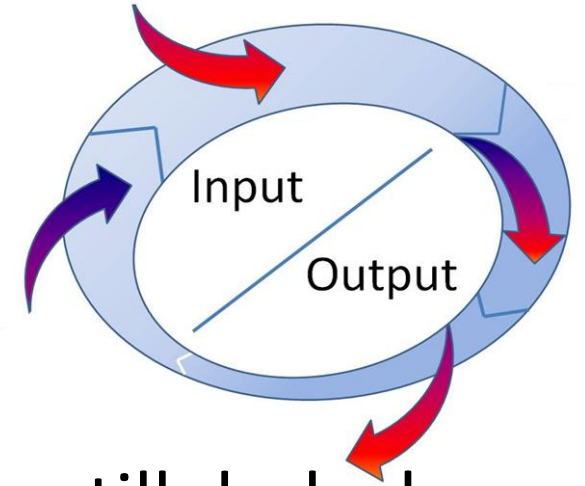


Mark 1:29-39

And immediately he left the synagogue and entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them.

That evening at sundown they brought to him all who were sick or oppressed by demons. And the whole city was gathered together at the door. And he healed many who were sick with various diseases, and cast out many demons...

Jesus' life of balance: grace flowing in and out



Mark 1:29-39

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. And Simon and those who were with him searched for him, and they found him and said to him, "Everyone is looking for you." And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." And he went throughout all Galilee, preaching in their synagogues and casting out demons.

1. ACCEPTANCE

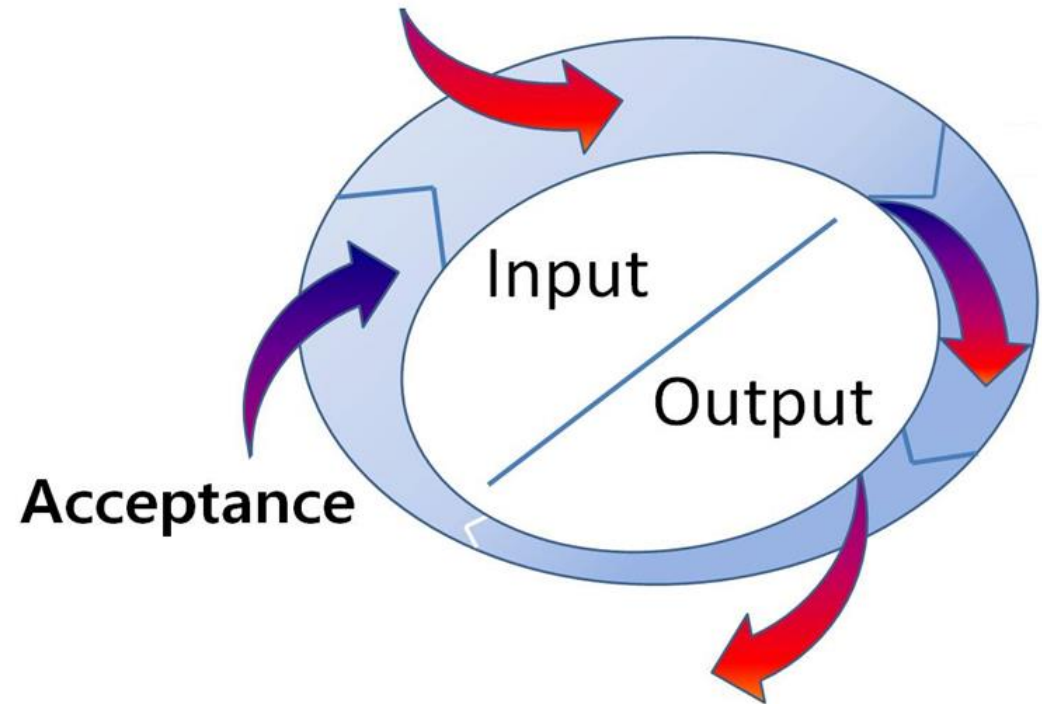
Living from a secure identity

Matthew 3:17 (NLT)

“This is my dearly loved Son,
who brings me great joy.”

Colossians 3:12

...as God's chosen ones, holy
and beloved...



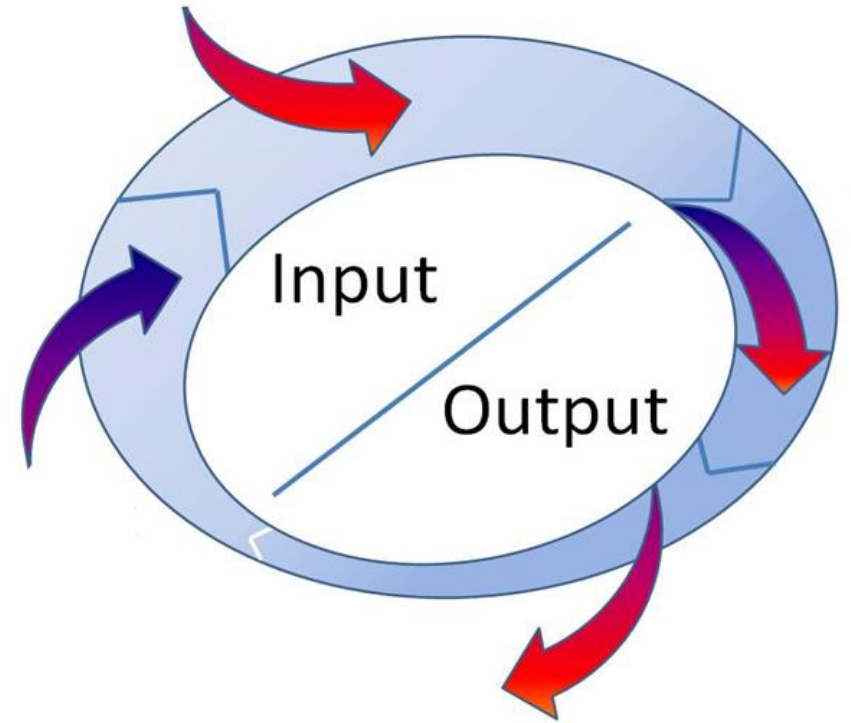
What is your Identity?

2. SUSTENANCE

Immersing oneself in grace

- Prayer
- Scripture
- Corporate Worship
- Friendships
- Fellowship
- Nature

Sustenance

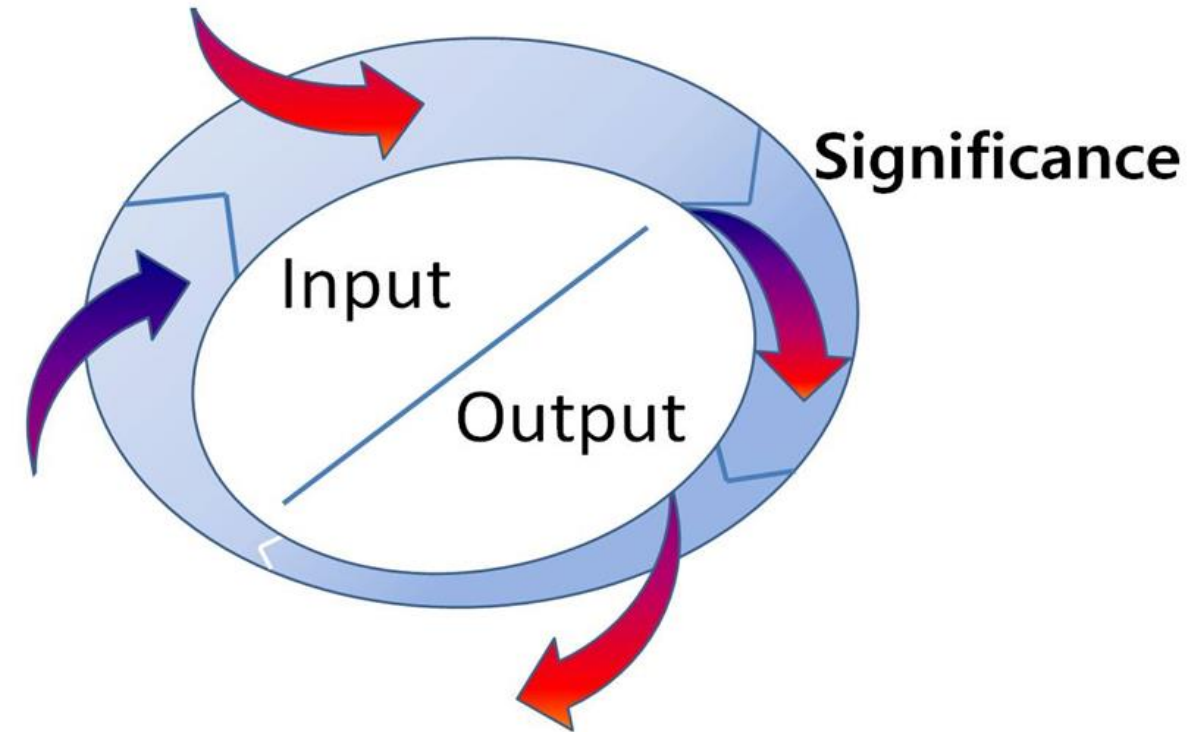


How do you sustain yourself?

3. SIGNIFICANCE

Living from my being

- Son of Man – the Christ
- The Bread of Life
- The Light of the World
- The Door
- The Good Shepherd
- The Way, the Truth, the Life
- The Resurrection and Life
- The True Vine

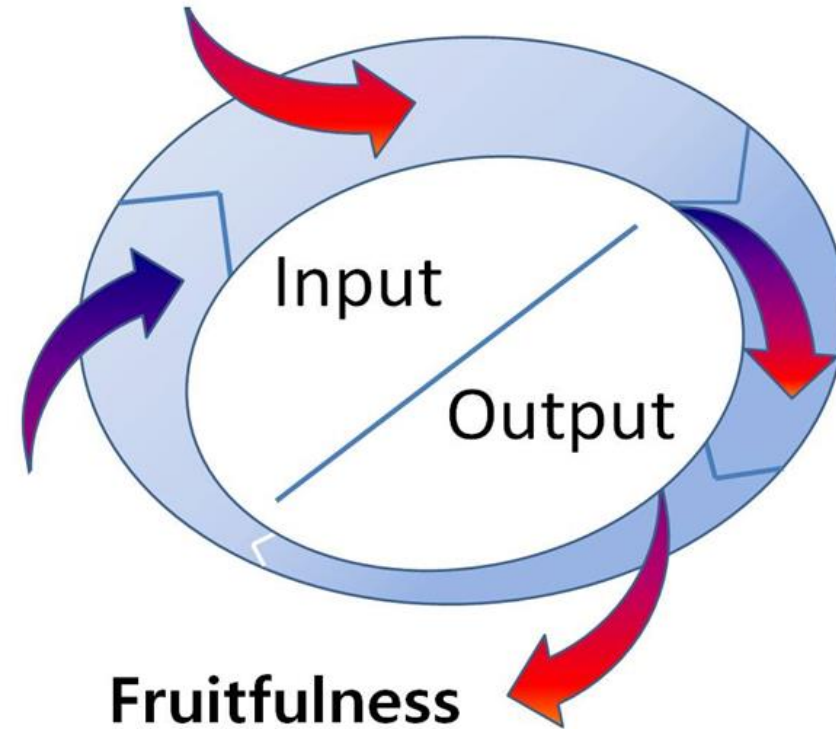


In which way is *your life* a sign of God's grace?

4. FRUITFULNESS

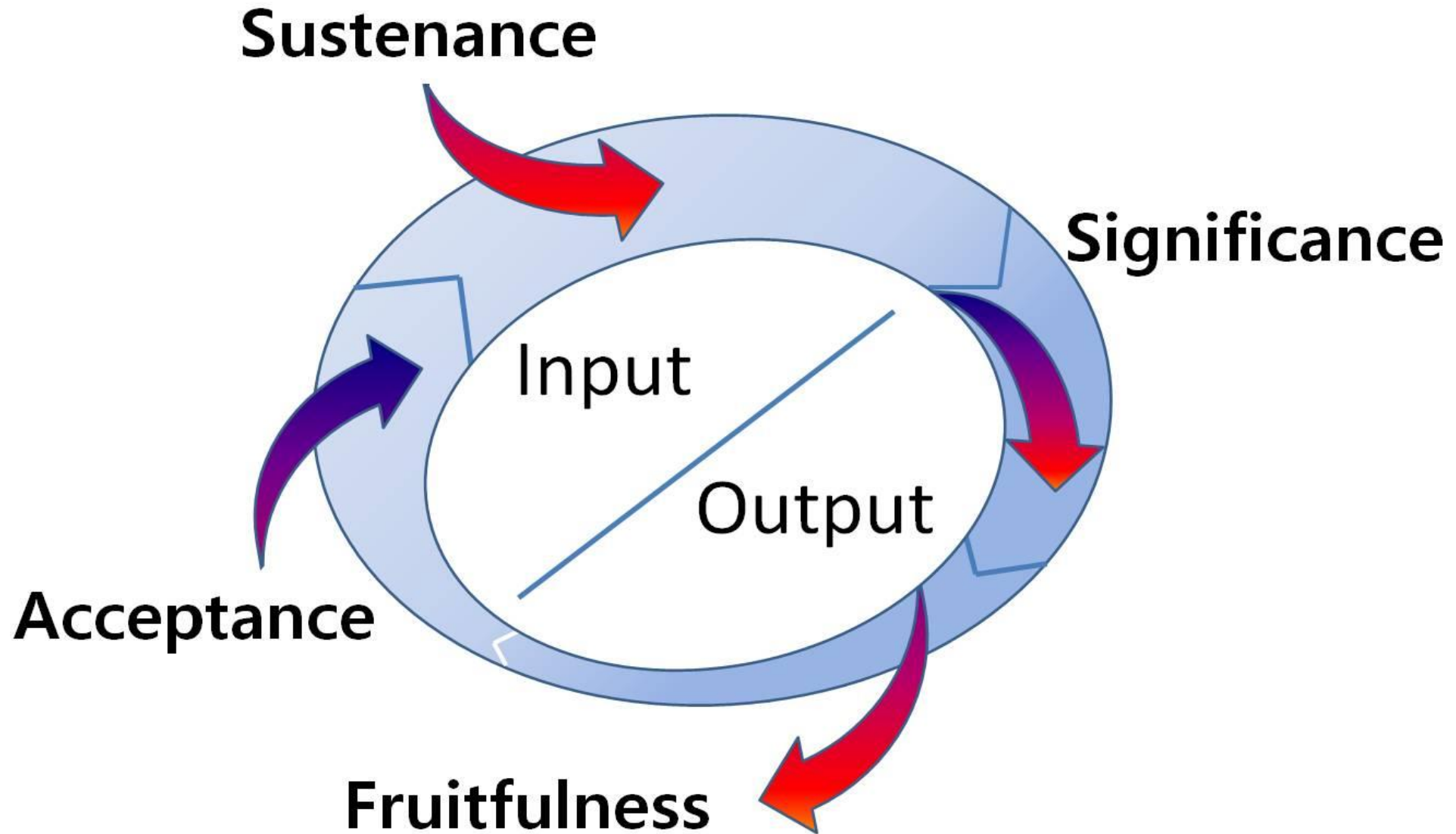
Giving from an overflow

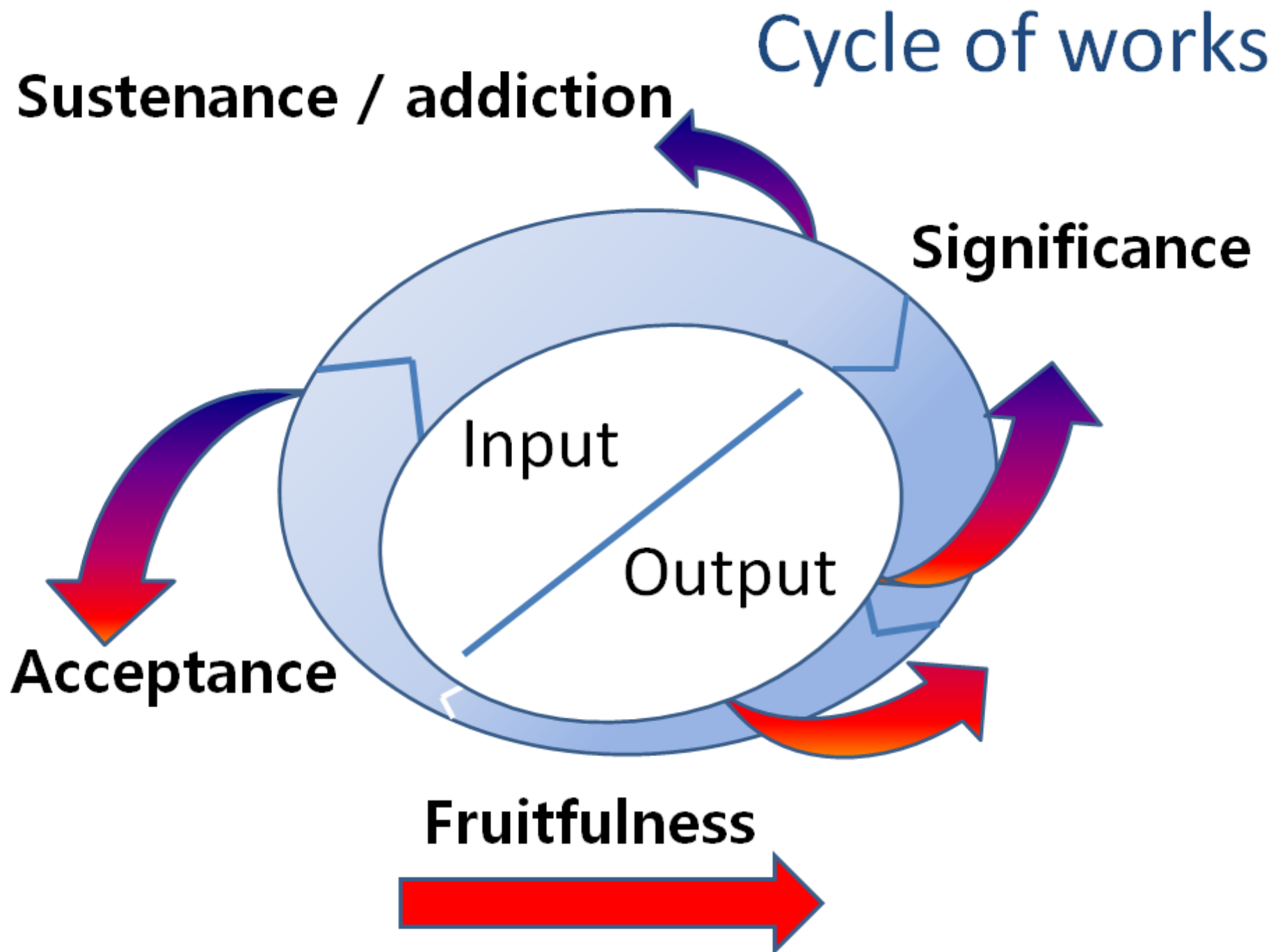
1. Announcing God's reign
2. Teaching God's Kingdom
3. Inclusiveness
4. Acceptance
5. Transformation
6. Discipleship/ Mentoring
7. Miracles & Healings
8. Prophecy



What is the fruit of *your life*?

Cycle of Grace





CHRIST'S INVITATION

to live in His grace

Matthew 11:28-30

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light."

