

# Jon Payne

## REDEFINING BURNOUT

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. Matt. 11:28-30*

### I. An Invitation to Jesus: “Come to Me”

#### A. The Call

1. The Call Comes from Jesus
2. The Call Comes to All

#### B. The Condition

1. Burdens can come from without
  - a. Trials
  - b. Temptations
2. Burdens can come from within
  - a. Cravings
  - b. Comparison

#### C. The Promise

1. Rest is the Hope of the Christian
2. Rest is the Need of the Christian

### II. An Invitation to Serve: “Take My Yoke”

#### A. Loving the Master

1. Whatever our future service should be, passion should flow from our love for the Lord and a desire to serve him.
2. Serving others is a chief expression of our love toward the Lord

#### B. Loving the Master’s Yoke

1. New Faith for the Same service (The Joy of Endurance)
2. Fresh Faith for a Harder Service (The joy of Faith)
3. Fresh Faith for a Hidden Service (The Joy of Trust)
4. Faith for a New Service

C. Remember the Humility of Servanthood

1. A servant takes the needed job, whatever the cost
2. A servant rejoices in the diversity of gifts in the church

D. Remember the Result of Servanthood

1. Sustained burnout is often the result of anxiety
2. Sustained burnout can be the result of idolatry
3. Sustained servanthood results in the sustaining grace of God.
4. "Boast in my weaknesses"