

Sermon Notes

September 13th, 2020

Return: Burn Out

Welcome To Discovery Community Church

Over the next couple of weeks, as we continue our walk through [Genesis](#), a book about “beginning,” God wants you to take some significant steps back, and we are going to have some honest moments about the hurdles we all face.

Genesis 17:1-8 New International Version (NIV)

When Abram was ninety-nine years old, the Lord appeared to him and said, “I am God Almighty; walk before me faithfully and be blameless. Then I will make my covenant between me and you and will greatly increase your numbers.” Abram fell facedown, and God said to him, “As for me, this is my covenant with you: You will be the father of many nations. No longer will you be called Abram; your name will be Abraham, for I have made you a father of many nations. I will make you very fruitful; I will make nations of you, and kings will come from you. I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come, to be your God and the God of your descendants after you. The whole land of Canaan, where you now reside as a foreigner, I will give as an everlasting possession to you and your descendants after you; and I will be their God.”

Genesis 17:17 New International Version (NIV)

Abraham fell facedown; he laughed and said to himself, “Will a son be born to a man a hundred years old? Will Sarah bear a child at the age of ninety?”

INCREDIBLY, God is inviting Abraham, the OLD Abraham to RETURN. It’s been 24 years since the first invitation: 24 years of experience, pain, mistakes, and 24 years of waiting.

He’s tired. He’s heard it before. He feels “old.”

The journey BACK has hurdles. Sometimes the great hurdle to returning is EVERYTHING FEELS OLD.

THE TRUTH: It has a “little” to do with age. I know “old” people that are really young. And young people - that are sadly “old.”

An “old” that keeps you from: RETURNING to Jesus, His mission, and His family.

Jesus said in **Luke 18:17 New International Version (NIV)**

Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”

There is a place for you! Here, today.

But what do we do when everything feels “old?”

1. Recognize YOUR Weakness

The first step is simply saying: “I’m tired” or “I hurt.”

Acts 14:15 New International Version (NIV)

Friends, why are you doing this? We too are only human, like you...

It’s very much part of the human experience to get tired. What gets in the way and prolongs the “RETURNING,” is this false view of ourselves.

Romans 12:3 New International Version (NIV)

Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment.

James 4:10 New International Version (NIV)

Humble yourselves before the Lord, and he will lift you up.

2. Re:Calibrate

Calibrate: adjust (experimental results) to take external factors into account or to allow comparison with other data.

When everything feels old, sometimes it's because we have been running SOMEBODY ELSE’S race.

That’s why so many experience burnout; burnout typically comes from running outside the intended design and trying to live up to an expectation that wasn’t designed for you.

Hebrews 12:1 New International Version (NIV)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

You have a unique design, AND you are in a unique season. Live in THIS beautiful design, and THIS God ordained season.

3. Refocus on God

In order to refocus on God, we need new patterns going forward.

We see this in Matthew 14, when Jesus walks on water.

Hebrews 12:2 New International Version (NIV)

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

4. Recommit to God

Genesis 17:1-2 The Message (MSG)

When Abram was ninety-nine years old, God showed up and said to him, “I am The Strong God, live entirely before me, live to the hilt! I’ll make a covenant between us and I’ll give you a huge family.”

What Is God doing in this season?

I know it's been a long walk, your legs are tired, you are 99. I am calling you to Recommit.

Revelation 3:20 New International Version (NIV)

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.