



Reality Check

[Matthew 11:28-30 \(NIV\)](#)

Second in a 9-part series titled: *Reset*

Pastor Ryan Bandy – June 24 & 27, 2021

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Big Idea:

Carrying an unsustainable load at a pace we weren't designed for will lead to burnout, thus rendering us completely ineffective for God's Kingdom.

I. Exploring: Burnouts and Breakdowns ([Matthew 11:28-30; Job 23:10](#))

- A. Physical warning lights
- B. Emotional warning lights
- C. Relational warning lights
- D. Moral warning lights
- E. Spiritual warning lights

God knows where you are, and God knows what He's doing.

II. Asking: How Did I Get Here?

- A. Life Situation ([Genesis 3, Psalm 43:5](#))
- B. Lifestyle ([Philippians 4:8](#))

III. Realizing: The Sermon We Preach in Our Sleep

If we pride ourselves on sleeping only a few hours a night, we preach the following truths:

1. I don't trust God with my work, my church, or my family.
2. I don't respect how my Creator has made me.
3. I don't believe my soul and body are linked.



Sleep Should Lead Us to the Gospel and the Savior:

1. It prompts us to think about death ([1 Thessalonians 4:14](#))
2. It teaches us about our Savior ([Mark 4:38; John 11:35](#))
3. It illustrates salvation ([Ephesians 2:8](#))
4. It points us to Heaven ([Hebrews 4](#))

We don't generally think of sleep as something related to the way we view God, but there are few things more indicative of your walk with God than sleep.

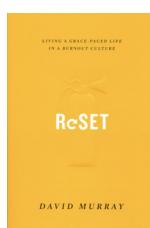
IV. Warning: Slow Down! ([Genesis 2; Hebrews 4:10; Matthew 11](#))

What is the answer to a lack of rest? The gospel is the answer. Jesus is the answer. The end is Christ. The means is Christ. “Come to Me, and I will give you rest.”

Five Habits of Grace:

1. Minimize distractions
2. Exercise three times a week
3. Take one full day off each week
4. Spend at least one evening a week with your spouse
5. Prioritize your rest and sleep schedule

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Resource Recommendation

[Reset: Living a Grace-Paced Life in a Burnout Culture](#)

By David Murray