

Worship the Lord Jesus to Avoid Spiritual Burnout

(By Rev. Anthony Menzel, June 27, 2021)

There is a point where each of us will break...

Matthew 24:21-22

21 For then there will be great tribulation, such as has not been since the beginning of the world until this time, no, nor ever shall be. **22** And unless those days were shortened, no flesh would be saved; but for the [c]elect's sake those days will be shortened.

It's a lot easier to be nice and joyful when you are healthy, well rested, and comfortable than when you are sick, tired, and uncomfortable.

Many of us don't know where our breaking point is.

If we are wise, we will not seek to see where our breaking point is. Instead, we will praise the Lord Jesus for protecting us from falling into that breaking point, and we will take every opportunity to avoid falling into that place of being so totally burned out that we stop resisting sin and grow cold toward the Lord Jesus in our hearts.

Matthew 24:12-13

12 And because lawlessness will abound, the love of many will grow cold. **13** But he who endures to the end shall be saved.

1 Corinthians 10:12-13

12 Therefore let him who thinks he stands take heed lest he fall. **13** No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to [d]bear *it*.

Worshiping the Lord will keep us strong:

Psalm 22:3

Psalm 16:11

Nehemiah 8:10

When we minister to others, we should realize that we are not the solution to their problems...

We may not know the solution to their problems...

Our role as Christians is simply to point them to the Lord Jesus...

He is their solution...

He knows what they should do...

Acts 3:1-21

3 Now Peter and John went up together to the temple at the hour of prayer, the ninth *hour*. **2** And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to [a]ask alms from those who entered the temple; **3** who, seeing Peter and John about to go into the temple, asked for alms. **4** And fixing his eyes on him, with John, Peter said, "Look at us." **5** So he gave them his attention, expecting to receive something from them. **6** Then Peter said, "Silver and gold I do not have, but what I do have I give you: In the name of Jesus Christ of Nazareth, rise up and walk." **7** And he took him by the right hand and lifted *him* up, and immediately his feet and ankle bones received strength. **8** So he, leaping up, stood and walked and entered the temple with them—walking, leaping, and praising God. **9** And all the people saw him walking and praising God. **10** Then they knew that it was he who sat begging alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him.

Preaching in Solomon's Portico

11 Now as the lame man who was healed held on to Peter and John, all the people ran together to them in the porch which is called Solomon's, greatly amazed. **12** So when Peter saw *it*, he responded to the people: "Men of Israel, why do you marvel at this? Or why look so intently at us, as though by our own power or godliness we had made this man walk? **13** The God of Abraham, Isaac, and Jacob, the God of our fathers, glorified His Servant Jesus, whom you delivered up and denied in the presence of Pilate, when he was determined to let *Him* go. **14** But you denied the Holy One and the Just, and asked for a murderer to be granted to you, **15** and killed the [b]Prince of life, whom God raised from the dead, of which we are witnesses. **16** And His name, through faith in His name, has made this man strong, whom you see and know. Yes, the faith which *comes* through Him has given him this perfect soundness in the presence of you all.

17 "Yet now, brethren, I know that you did *it* in ignorance, as *did* also your rulers. **18** But those things which God foretold by the mouth of all His prophets, that the Christ would suffer, He has thus fulfilled. **19** Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come

from the presence of the Lord, **20** and that He may send [c]Jesus Christ, who was [d]preached to you before, **21** whom heaven must receive until the times of restoration of all things, which God has spoken by the mouth of all His holy prophets since [e]the world began.

Even if we know the solution to their problems, we can't force them to do anything. The Lord Jesus doesn't force us to do anything, so we can't force others to do anything either.

God doesn't force people to obey Him, for example...

He let's us choose...

John 1:1-14

1 In the beginning was the Word, and the Word was with God, and the Word was God. **2** He was in the beginning with God. **3** All things were made through Him, and without Him nothing was made that was made. **4** In Him was life, and the life was the light of men. **5** And the light shines in the darkness, and the darkness did not [a]comprehend it.

John's Witness: The True Light

6 There was a man sent from God, whose name *was* John. **7** This man came for a witness, to bear witness of the Light, that all through him might believe. **8** He was not that Light, but *was sent* to bear witness of that Light. **9** That[b] was the true Light which gives light to every man coming into the world.

10 He was in the world, and the world was made through Him, and the world did not know Him. **11** He came to His [c]own, and His [d]own did not receive Him. **12** But as many as received Him, to them He gave the [e]right to become children of God, to those who believe in His name: **13** who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

The Word Becomes Flesh

14 And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

Elijah made the mistake of focusing on his problems instead of remembering that God was bigger than His problems...

1 Kings 16:29-34

29 In the thirty-eighth year of Asa king of Judah, Ahab the son of Omri became king over Israel; and Ahab the son of Omri reigned over Israel in Samaria twenty-two years. **30** Now Ahab the son of Omri did evil in the sight of the Lord, more

than all who *were* before him. **31** And it came to pass, as though it had been a trivial thing for him to walk in the sins of Jeroboam the son of Nebat, that he took as wife Jezebel the daughter of Ethbaal, king of the Sidonians; and he went and served Baal and worshiped him. **32** Then he set up an altar for Baal in the temple of Baal, which he had built in Samaria. **33** And Ahab made a [i]wooden image. Ahab did more to provoke the Lord God of Israel to anger than all the kings of Israel who were before him. **34** In his days Hiel of Bethel built Jericho. He laid its foundation [j]with Abiram his firstborn, and with his youngest *son* Segub he set up its gates, according to the word of the Lord, which He had spoken through Joshua the son of Nun.

1 Kings 17:1-16

17 And Elijah the Tishbite, of the inhabitants of Gilead, said to Ahab, “As the Lord God of Israel lives, before whom I stand, there shall not be dew nor rain these years, except at my word.”

2 Then the word of the Lord came to him, saying, **3** “Get away from here and turn eastward, and hide by the Brook Cherith, which flows into the Jordan. **4** And it will be *that* you shall drink from the brook, and I have commanded the ravens to feed you there.”

5 So he went and did according to the word of the Lord, for he went and stayed by the Brook Cherith, which flows into the Jordan. **6** The ravens brought him bread and meat in the morning, and bread and meat in the evening; and he drank from the brook. **7** And it happened after a while that the brook dried up, because there had been no rain in the land.

Elijah and the Widow

8 Then the word of the Lord came to him, saying, **9** “Arise, go to Zarephath, which *belongs* to Sidon, and dwell there. See, I have commanded a widow there to provide for you.” **10** So he arose and went to Zarephath. And when he came to the gate of the city, indeed a widow *was* there gathering sticks. And he called to her and said, “Please bring me a little water in a cup, that I may drink.” **11** And as she was going to get *it*, he called to her and said, “Please bring me a morsel of bread in your hand.”

12 So she said, “As the Lord your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in a [a]jar; and see, I *am* gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die.”

13 And Elijah said to her, “Do not fear; go *and* do as you have said, but make me a small cake from it first, and bring *it* to me; and afterward make *some* for yourself and your son. **14** For thus says the Lord God of Israel: ‘The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.’ ”

15 So she went away and did according to the word of Elijah; and she and he and her household ate for *many* days. **16** The bin of flour was not used up, nor did the jar of oil run dry, according to the word of the Lord which He spoke by Elijah.

1 Kings 18

18 And it came to pass *after* many days that the word of the Lord came to Elijah, in the third year, saying, “Go, present yourself to Ahab, and I will send rain on the earth.”

2 So Elijah went to present himself to Ahab; and *there was* a severe famine in Samaria. **3** And Ahab had called Obadiah, who *was* [a]in charge of *his* house. (Now Obadiah feared the Lord greatly. **4** For so it was, while Jezebel [b]massacred the prophets of the Lord, that Obadiah had taken one hundred prophets and hidden them, fifty to a cave, and had fed them with bread and water.) **5** And Ahab had said to Obadiah, “Go into the land to all the springs of water and to all the brooks; perhaps we may find grass to keep the horses and mules alive, so that we will not have to kill any livestock.” **6** So they divided the land between them to explore it; Ahab went one way by himself, and Obadiah went another way by himself.

7 Now as Obadiah was on his way, suddenly Elijah met him; and he recognized him, and fell on his face, and said, “*Is that you, my lord Elijah?*”

8 And he answered him, “*It is I. Go, tell your master, ‘Elijah is here.’*”

9 So he said, “How have I sinned, that you are delivering your servant into the hand of Ahab, to kill me? **10** *As the Lord your God lives, there is no nation or kingdom where my master has not sent someone to hunt for you; and when they said, ‘He is not here,’ he took an oath from the kingdom or nation that they could not find you. 11* And now you say, ‘Go, tell your master, “Elijah is here”’! **12** And it shall come to pass, *as soon as* I am gone from you, that the Spirit of the Lord will carry you to a place I do not know; so when I go and tell Ahab, and he cannot find you, he will kill me. But I your servant have feared the Lord from my youth. **13** Was it not reported to my lord what I did when Jezebel killed the prophets of the Lord, how I hid one hundred men of the Lord’s prophets, fifty to a cave, and fed them with bread and water? **14** And now you say, ‘Go, tell your master, “Elijah is here.”’ He will kill me!”

15 Then Elijah said, “As the Lord of hosts lives, before whom I stand, I will surely present myself to him today.”

16 So Obadiah went to meet Ahab, and told him; and Ahab went to meet Elijah.

17 Then it happened, when Ahab saw Elijah, that Ahab said to him, “*Is that you, O troubler of Israel?*”

18 And he answered, “I have not troubled Israel, but you and your father’s house *have*, in that you have forsaken the commandments of the Lord and have

followed the Baals. **19** Now therefore, send *and* gather all Israel to me on Mount Carmel, the four hundred and fifty prophets of Baal, and the four hundred prophets of [c]Asherah, who [d]eat at Jezebel's table."

Elijah's Mount Carmel Victory

20 So Ahab sent for all the children of Israel, and gathered the prophets together on Mount Carmel. **21** And Elijah came to all the people, and said, "How long will you falter between two opinions? If the Lord *is* God, follow Him; but if Baal, follow him." But the people answered him not a word. **22** Then Elijah said to the people, "I alone am left a prophet of the Lord; but Baal's prophets *are* four hundred and fifty men. **23** Therefore let them give us two bulls; and let them choose one bull for themselves, cut it in pieces, and lay *it* on the wood, but put no fire *under it*; and I will prepare the other bull, and lay *it* on the wood, but put no fire *under it*. **24** Then you call on the name of your gods, and I will call on the name of the Lord; and the God who answers by fire, He is God."

So all the people answered and said, [e]"It is well spoken."

25 Now Elijah said to the prophets of Baal, "Choose one bull for yourselves and prepare *it* first, for you *are* many; and call on the name of your god, but put no fire *under it*."

26 So they took the bull which was given them, and they prepared *it*, and called on the name of Baal from morning even till noon, saying, "O Baal, [f]hear us!"

But *there was* no voice; no one answered. Then they [g]leaped about the altar which they had made.

27 And so it was, at noon, that Elijah mocked them and said, "Cry [h]aloud, for he *is* a god; either he is meditating, or he is busy, or he is on a journey, *or* perhaps he is sleeping and must be awakened." **28** So they cried aloud, and cut themselves, as was their custom, with [i]knives and lances, until the blood gushed out on them. **29** And when midday was past, they prophesied until the *time* of the offering of the *evening* sacrifice. But *there was* no voice; no one answered, no one paid attention.

30 Then Elijah said to all the people, "Come near to me." So all the people came near to him. And he repaired the altar of the Lord *that was* broken down. **31** And Elijah took twelve stones, according to the number of the tribes of the sons of Jacob, to whom the word of the Lord had come, saying, "Israel shall be your name." **32** Then with the stones he built an altar in the name of the Lord; and he made a trench around the altar large enough to hold two seahs of seed. **33** And he put the wood in order, cut the bull in pieces, and laid *it* on the wood, and said, "Fill four waterpots with water, and pour *it* on the burnt sacrifice and on the wood." **34** Then he said, "Do *it* a second time," and they did *it* a second time; and

he said, “Do *it* a third time,” and they did *it* a third time. **35** So the water ran all around the altar; and he also filled the trench with water.

36 And it came to pass, at *the time of* the offering of the *evening* sacrifice, that Elijah the prophet came near and said, “Lord God of Abraham, Isaac, and Israel, let it be known this day that You *are* God in Israel and I *am* Your servant, and *that* I have done all these things at Your word. **37** Hear me, O Lord, hear me, that this people may know that You *are* the Lord God, and *that* You have turned their hearts back *to You* again.”

38 Then the fire of the Lord fell and consumed the burnt sacrifice, and the wood and the stones and the dust, and it licked up the water that *was* in the trench. **39** Now when all the people saw *it*, they fell on their faces; and they said, “The Lord, He *is* God! The Lord, He *is* God!”

40 And Elijah said to them, “Seize the prophets of Baal! Do not let one of them escape!” So they seized them; and Elijah brought them down to the Brook Kishon and executed them there.

The Drought Ends

41 Then Elijah said to Ahab, “Go up, eat and drink; for *there is* the sound of abundance of rain.” **42** So Ahab went up to eat and drink. And Elijah went up to the top of Carmel; then he bowed down on the ground, and put his face between his knees, **43** and said to his servant, “Go up now, look toward the sea.” So he went up and looked, and said, “*There is* nothing.” And seven times he said, “Go again.”

44 Then it came to pass the seventh *time*, that he said, “There is a cloud, as small as a man’s hand, rising out of the sea!” So he said, “Go up, say to Ahab, [j]‘Prepare *your chariot*, and go down before the rain stops you.’ ”

45 Now it happened in the meantime that the sky became black with clouds and wind, and there was a heavy rain. So Ahab rode away and went to Jezreel. **46** Then the hand of the Lord came upon Elijah; and he girded[k] up his loins and ran ahead of Ahab to the entrance of Jezreel.

1 Kings 19:1-18

19 And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. **2** Then Jezebel sent a messenger to Elijah, saying, “So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” **3** And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there. **4** But he himself went a day’s journey into the wilderness, and came and sat down under a [a]broom tree. And he prayed that he might die, and said, “It is enough! Now, Lord, take my life, for I *am* no better than my fathers!”

5 Then as he lay and slept under a broom tree, suddenly an [b]angel touched him, and said to him, “Arise *and* eat.” **6** Then he looked, and there by his head *was* a cake baked on [c]coals, and a jar of water. So he ate and drank, and lay down again. **7** And the [d]angel of the Lord came back the second time, and touched him, and said, “Arise *and* eat, because the journey *is* too great for you.” **8** So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

9 And there he went into a cave, and spent the night in that place; and behold, the word of the Lord *came* to him, and He said to him, “What are you doing here, Elijah?”

10 So he said, “I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

God’s Revelation to Elijah

11 Then He said, “Go out, and stand on the mountain before the Lord.” And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, *but* the Lord *was* not in the wind; and after the wind an earthquake, *but* the Lord *was* not in the earthquake; **12** and after the earthquake a fire, *but* the Lord *was* not in the fire; and after the fire [e]a still small voice.

13 So it was, when Elijah heard *it*, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice *came* to him, and said, “What are you doing here, Elijah?”

14 And he said, “I have been very zealous for the Lord God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

15 Then the Lord said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael *as* king over Syria. **16** Also you shall anoint Jehu the son of Nimshi *as* king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint *as* prophet in your place. **17** It shall be *that* whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. **18** Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

Elijah still ministered for a number of years, but letting himself fall into burnout signaled the beginning of the end of his ministry...

Go into the throne room daily...

Keep yourself refreshed and strong in the Spirit...

Hebrews 4:14-16

14 Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. **15** For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are, yet* without sin. **16** Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.