

Sermon Reflection

Sermon Series: Keeping It Real: Real Faith for Real Life

Sermon Message: The Burden of Being Needed: Preventing Burnout God's Way – July 5, 2026

Scripture

Exodus 18:13–24 (NKJV)

Key Scripture

Exodus 18:17 (NKJV)

*"So Moses' father-in-law said to him, 'The thing that you do **is not good.**'"*

Key Thought

Burnout happens when we take responsibility for more than God intended us to bear. We should be reminded that faithfulness is not measured by how much you carry, but by how wisely you carry what God has assigned.

Overview

In Exodus 18, Moses was carrying the weight of an entire nation by himself. From morning until evening, he tried to handle every dispute, every problem, and every decision. When Jethro observed what was happening, he gave Moses a warning: "The thing that you do is not good."

This passage reminds us that even faithful people can become overwhelmed. Burnout often happens when we carry more than God intended us to carry. God's solution is not simply to work harder. His solution is wisdom.

Point 1

Recognize Your Limits

Scripture

Exodus 18:18a (NKJV)

"Both you and these people who are with you will surely wear yourselves out..."

Reflection

Moses was a great leader, but he was not limitless. Jethro helped him recognize a truth that many of us struggle to accept: we have limits.

God never designed us to do everything. Ignoring our limitations can lead to exhaustion, frustration, and burnout. Wisdom begins when we honestly acknowledge that we cannot do it all.

Reflection Questions

Am I trying to do more than God intended me to do?

What signs of fatigue or burnout am I ignoring?

This Week's Application

Pay attention to your physical, emotional, and spiritual health.

Be honest about your limitations.

Remember that acknowledging limits is not weakness; it is wisdom.

Point 2

Release What God Never Assigned You to Carry

Scripture

Exodus 18:21–22 (NKJV)

"And let them judge the people at all times... but every great matter they shall bring to you."

Reflection

Part of Moses' problem was that he was carrying responsibilities others could handle.

Jethro encouraged him to delegate and share the load.

Sometimes we become overwhelmed because we are carrying burdens, responsibilities, and expectations that God never assigned to us. Not every problem is yours to solve. Not every burden is yours to carry.

Reflection Questions

What am I carrying that God never asked me to carry?

Am I trying to control situations that belong to someone else?

This Week's Application

Identify responsibilities you need to release.
Allow others to help and contribute.
Trust God enough to let go of what is not yours to manage.

Point 3

Ensure What You're Carrying Is Sustainable

Scripture

Exodus 18:23 (NKJV)

"If you do this thing, and God so commands you, then you will be able to endure..."

Reflection

Jethro's goal was not simply to lighten Moses' load. It was to help him build a sustainable way of living and leading. God's desire is not for us to survive temporarily but to endure faithfully over time.

A pace that continually drains you is not sustainable. God calls us to live and serve in ways that allow us to remain healthy, effective, and faithful for the long journey.

Reflection Questions

Is my current pace sustainable?
What changes do I need to make to endure well?

This Week's Application

Evaluate your commitments and responsibilities.
Build healthy rhythms of rest and renewal.
Choose faithfulness over constant busyness.

Living It Out This Week

Recognize your limits.
Release what God never assigned you to carry.
Build a life that is sustainable.

Encouragement

You do not have to carry everything.

God never called you to be everything to everyone. He simply called you to be faithful to what He assigned you. When you trust His wisdom, release unnecessary burdens, and embrace healthy limits, you can serve with strength and endure for the journey.

Closing Prayer

Lord, help us recognize our limits and trust You with the burdens we were never meant to carry. Give us wisdom to release what is not ours and the courage to build healthy rhythms that honor You. Help us live and serve in ways that are sustainable, faithful, and life-giving. In Jesus' name, Amen.