



*Awake and Rising Above
Brokenness and Burnout*

Dr. Bill Morehouse

CCHF "Risen & Awake" Conference, April 19, 2018

Goals of Talk



To prevent

- Backsliding
- Breakdown
- Burnout
- Debility
- Depression
- Disintegration
- Falsehood
- Fear
- Poor stewardship

To promote

- Abundant life
- Faith
- Fruitfulness
- Health
- Integrity
- Joy
- Peace
- Truth
- Vitality

Where do we fit?

Learning curve for people in healing professions:

- See one, do one [or be one], and then teach one...
- In process.. *“It ain’t over till it’s over”* – Yogi Berra

*“How much larger your life would be
if your self could become smaller in it.”*

– G. K. Chesterton

**COSMIC
EYE VIDEO**

**BIG
PROBLEMS
CALL FOR
A BIGGER
GOD**



*When I stand
before
immensity
that heightens
my smallness,
I have never
felt sadness.*

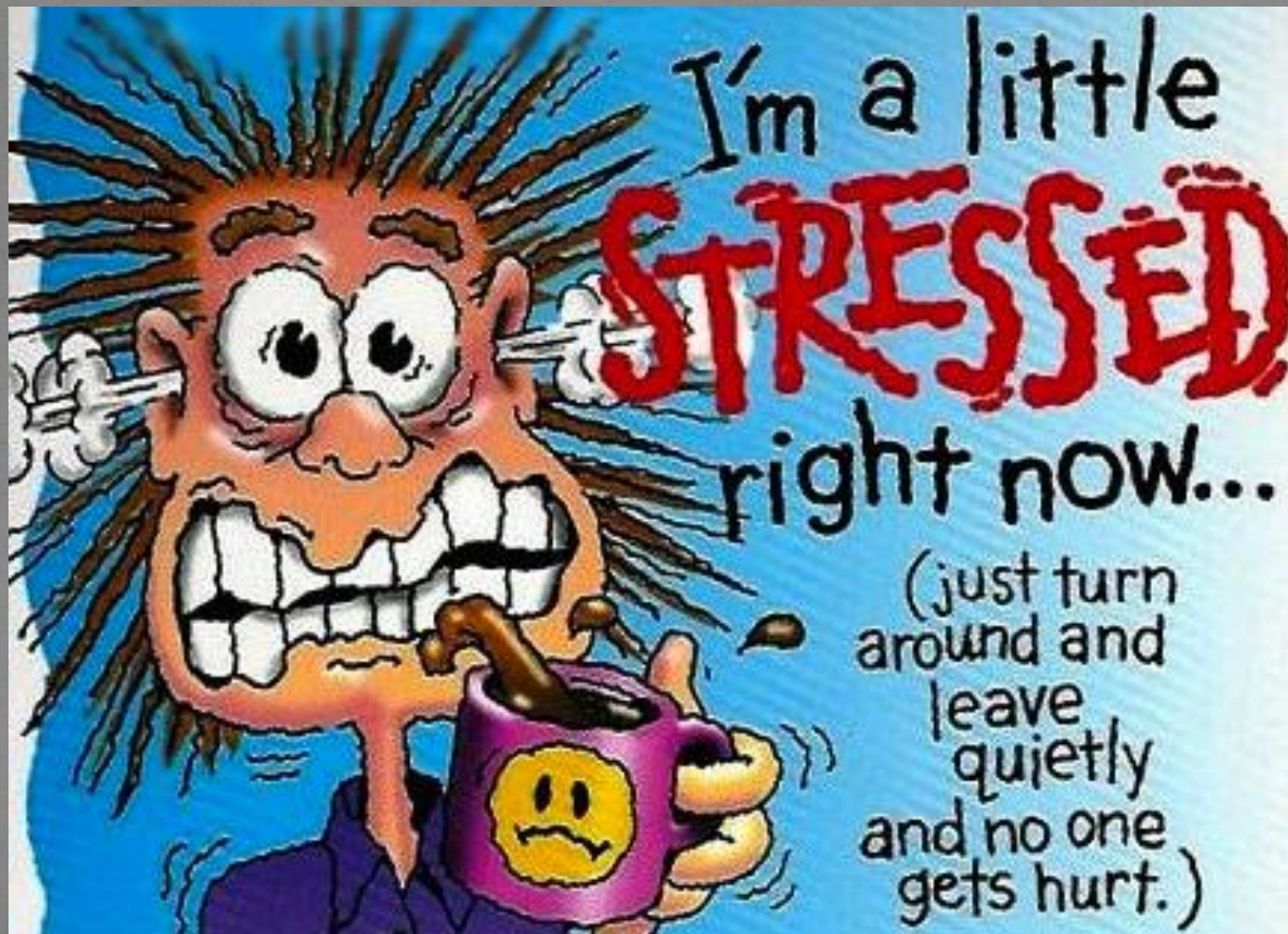
*Only
burgeoning
wonder.*

Ann Voskamp

Peaceful Shalom Joy – Going Happy



Restless Stress – Going Mad



Stressing or Resting?

For thus said the Lord GOD, the Holy One of Israel,
*“In returning and rest you shall be saved; in quietness
and in trust shall be your strength.”*

But you were unwilling, and you said, *“No! We will flee
upon horses”*; therefore you shall flee away; and, *“We
will ride upon swift steeds.”*

Therefore your pursuers shall be swift. A thousand
shall flee at the threat of one; at the threat of five you
shall flee, till you are left like a flagstaff on the top of a
mountain, like a signal on a hill.

Isaiah 30.15-17

Broken or Broken Down?

- Are we broken healers who are acquainted with grief like Job, David, Jesus, and Paul?
 - “I know that my redeemer lives.”
 - “I remain confident of this: I will see the goodness of the LORD in the land of the living.”
 - “Father, forgive them, for they know not what they do.”
 - “For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.”
- Or are we getting broken down and washed out?



Burn Bright

A graphic featuring the word "Burnout" in a bold, black, serif font. The text is centered and overlaid on a background of a fire and smoke explosion. The fire is bright orange and yellow, with thick black smoke billowing out from the center. The explosion appears to be centered behind the letter "n".

Burnout

Burning or Burned Out?

- Are we burning brightly?
 - Burning pure oil with trimmed wicks
 - Ample supply of the oil of the Holy Spirit
 - Set like lamps on a lampstand or lighthouses on a rock
 - Shielded by clean chimneys to weather storms
 - Shining in all directions to show the way
- Or are we getting burned out?

Two-sided approach

Prevention

- Fervent Prayer
- Godly Precaution
- Good Stewardship
- Wellness
- Wisdom
- Virtue

Amelioration -> 6 Rs

- Reflection
- Reassessment
- Repentance
- Remission
- Recovery
- Restoration

Tripartite nature of man

Spirit (pneumo)

- Spiritual life
 - Thinking
 - Communion with God
 - Discernment
 - Receives gifts
 - Receives power
 - Source of love, joy, peace, healing...

Soul (psyche)

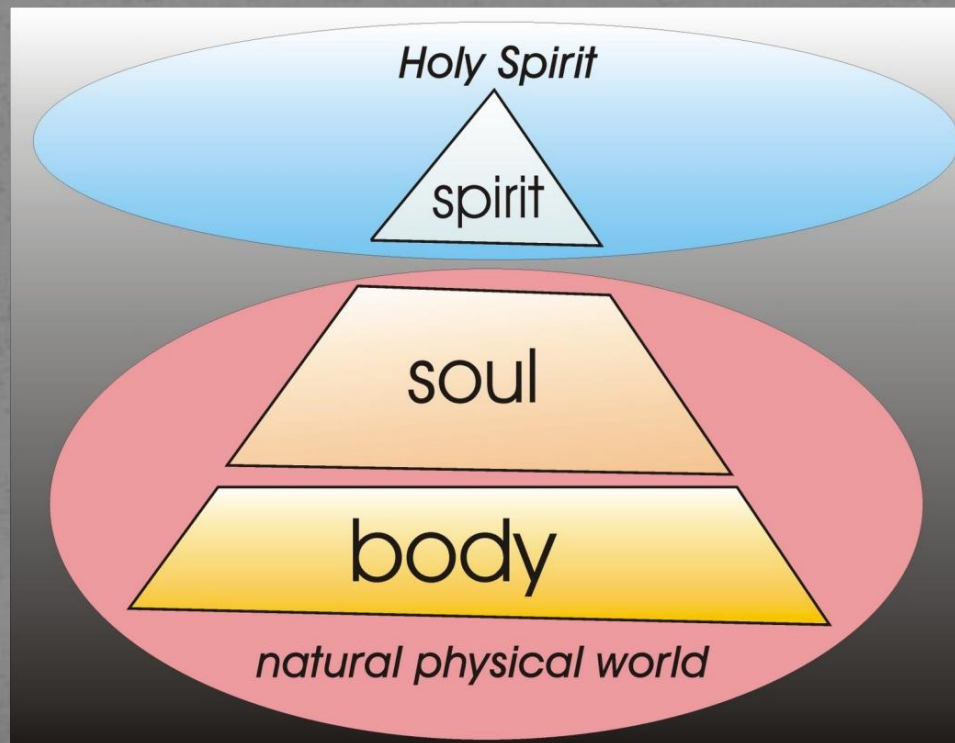
- Psychological
 - Mind/emotions
 - Relationships
 - Experiences
 - Self-image, identity
 - Desires
 - Feelings
 - Rationalizations

Body (soma)

- Physical life
 - Abilities
 - Talents
 - Latent intelligence
 - Hunger, thirst, appetite
 - Lusts

1 Thessalonians 5:23

*Now may the God of peace himself sanctify you completely,
and may your whole **spirit** and **soul** and **body** be kept
blameless at the coming of our Lord Jesus Christ.*



Stewardship

- God created us, called us into being, has given us **bodies, souls, and eternal spirits**, and therefore:
 - We're all called to be good stewards of what we've been given.
- The questions remain:
 - How do we take good care of our bodies?
 - What about our souls?
 - And where does spiritual care fit in?

Niebuhr's Serenity Prayer

God, give me Grace to accept with serenity the things that cannot be changed, Courage to change the things which should be changed, and the Wisdom to distinguish the one from the other.

Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it;

Trusting that You will make all things right, if I surrender to Your will, so that I may be reasonably happy in this life, and supremely happy with You forever in the next.

Amen.

Energy Balance and Resistance in Whole Person Care – Dr. Bill Morehouse, His Branches

Type of Energy	In	Out	Intervention
Body (<i>soma</i>) Physical	Rest Sleep Health Good nutrition Well-being, fitness Sexual harmony (<i>eros</i>)	Work, toil Insomnia Illness, injury Malnutrition Improper exercise Sexual dysfunction	Scheduling Rectify disorder Medical treatment, healing prayer Dietary counsel, supplement Balanced exercise Godly therapy
Soul (<i>psyche</i>) Psychological Mind, emotions	Righteousness Good relationships (<i>phileo</i>) Marital harmony Family harmony Job satisfaction Wholesome fellowship Harmony with past Confidence, faith Financial security Stability	Self-righteousness, sin Destructive relationships Marital strife Family conflict Job, school stress Bad company Unresolved personal pain Anxiety, depression Economic problems Transition, stress	Repentance, discipline Interpersonal counsel Marital counsel Family therapy Vocational counsel Good friends, church Inner healing, prayer Reassurance, support Contentment, giving Concern, acceptance
Spirit (<i>pneumo</i>) Spiritual	Union with God Harmony with God Obedience Understanding Spiritual clarity, vision Moral virtue Peace (<i>shalom</i>) Perennial joy Patience Spiritual vitality Optimism, hope Praise, worship Receiving ministry	Separation from God Conflict with God Rebellion Ignorance Spiritual confusion Hypocrisy, guilt Spiritual torment, fear Emptiness, vanity Frustration Struggle, weakness Discouragement, hopelessness Intercessory burdens Ministry to others (<i>agape</i>)*	Reconciliation through Christ Spiritual guidance Yieldedness, mercy Bible study, teaching Prayer and fasting Wisdom, forgiveness Consecration, deliverance Infilling with the Holy Spirit Building faith Empowerment by the Holy Spirit Encouragement, inspiration Share, release burdens Priorities, "pruning"

Fatigue and lowered resistance occur when Energy In < Energy Out. Intervention is directed toward restoring positive balance, wholeness and integrity. *The object is to attain a positive energy balance that enables an individual to give consistently more to others than they take.

Automobile analogy

- Let's take your car as an example and say you got it new
 - You take possession, learn to drive it, move your stuff in, go places, carry people around, accumulate memories...
- It has a specific style, capabilities, and needs
 - Some are strengths, some weaknesses
 - Some are universal to all cars, some unique to yours
- If you take good care of it, it should serve you well for years
 - If not, it will cause trouble and break down
 - Keep it clean, don't overload it with passengers or baggage, drive carefully, watch the brakes and accelerator, use the right fuel, read the Owner's Manual, change the oil, keep up with maintenance, repair it in a timely way, you get the picture...

Cars:



Which one are you?



Genetics – What God gives

*I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; my soul knows it very well.*

Psalm 139.14

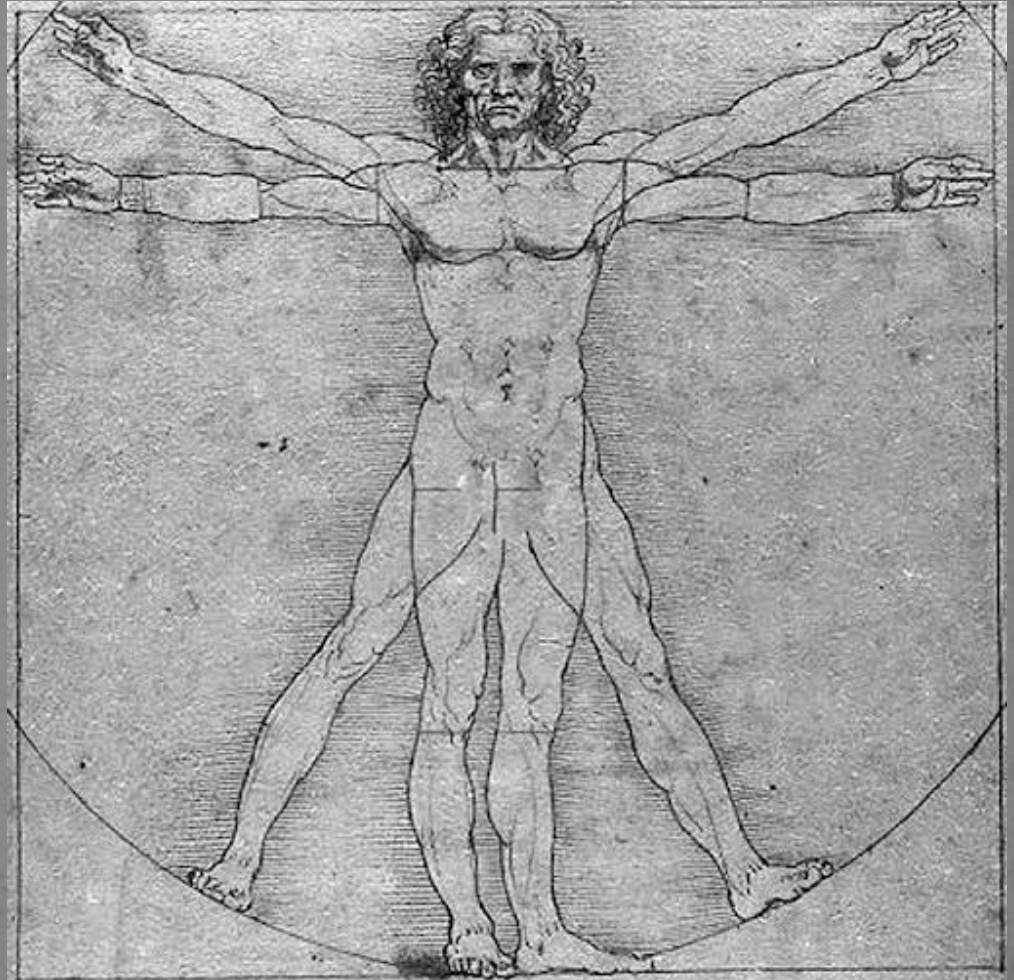
- We are created in His Image ... imagine that ...
- Our bodies come equipped with absolutely amazing capabilities in our brains, sensory and nervous systems, heart and lungs, blood, digestion, immunity, athleticism, reproductive natures, even our skin...
- The closer you study the human body, the more awestruck you are. As intricate as cars may be, they don't even come close to the incredible makeup of our bodies.

DNA – inner and outer space



Taking Inventory

- Who are you?
- How were you constructed and why?
- What particular capabilities have you been given?



Whose body is it?

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?

You are not your own...

1 Corinthians 6:19



Environment – What we do

- What shape are you in now?
- Are you taking good care of yourself?
- What roles do nutrition, exercise, moral living play?
- Who could help you be a better steward of your body?
- What should you do if your body isn't working right?
- What role does Jesus have for health care professionals?
 - Luke
 - Good Samaritan
 - Community Health?



Who is the greatest?

He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt:

“Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The pharisee, standing by himself, prayed thus: *‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’*

“But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, *‘God, be merciful to me, a sinner!’* I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

Luke 18:9-14

The Ten Commandments

1. Thou shalt have no other gods before me.
2. Thou shalt not make unto thee any graven images.
3. Thou shalt not take the Lord's name in vain.
4. Remember the Sabbath Day to keep it holy.
5. Honor thy Father and thy Mother
6. Thou shalt not kill.
7. Thou shalt not commit adultery.
8. Thou shalt not steal.
9. Thou shalt not bear false witness.
10. Thou shalt not covet thy neighbor's house, wife or possessions.

The “Seven Deadly Sins”

Universal human problems that affect Body, Soul, Spirit

1. **Pride (AKA Vanity)** - excessive belief in one's own abilities. It has been called the sin from which all others arise.
2. **Envy** - the desire for others' traits, status, abilities, or situation.
3. **Gluttony** - an inordinate desire to consume more than that which one requires.
4. **Lust** - an inordinate craving for the pleasures of the body.
5. **Anger (AKA Wrath)** - manifested in the individual who spurns love and opts instead for fury.
6. **Greed - (AKA Avarice or Covetousness)** the desire for material wealth or gain, ignoring the realm of the spiritual.
7. **Sloth** - the avoidance of physical or spiritual work.

BMI – Body Mass Index

	NORMAL						OVERWEIGHT					OBESE										EXTREME OBESITY															
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	
BMI HEIGHT	4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
	4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
	5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
	5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
	5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
	5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
	5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
	5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
	5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
	5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
	5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
	5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
	5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
	5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
	6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
	6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
	6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
	6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
	6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report

“the land of the whales”

Sexual Abuse and Addiction



when “just saying no” isn’t enough...

Addictive Behaviors

“Compulsive engagement in rewarding behavior, despite adverse consequences” – replacements for God’s comfort

- Overeating, especially carbohydrates
- Substance abuse = *pharmakeia*, a form of witchcraft
 - Alcohol – carousing and drunkenness
 - Nicotine – smoking, chewing, vapors
 - Drugs (street or prescription)
 - Narcotics, sedatives, cocaine, uppers, hallucinogens
- Extramarital sex – imagined or acted out
- Thrill seeking and Gambling – adrenaline or endorphin ‘high’ – pursuit of unearned wealth

The Opioid Crisis



“the #1 killer of Americans under 50”

The Addictive Nature of Sin

Built into our human nature, and nature can't get it out

- For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me.
- For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing.
- Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

Romans 7.15-20

The Gospel Overcomes Power of Sin

His divine nature sets us free from fleshly bondage

- Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.
- There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.
- For God has done what the law, weakened by the flesh, could not do.

Romans 7.25-8.

Trinity Offer: “Adoption Option”



Note Central Triquetra

- [Jesus] came unto his own, and his own received him not. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.

John 1.11

- For the creation waits with eager longing for the revealing of the sons of God.

Romans 8.19

Twelve Steps of Recovery

1. We admitted we were powerless over our sin.
2. Came to believe that God could save us.
3. Decided to turn our will and our lives over to Him.
4. Made a searching moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other people and to practice these principles in all our affairs.

8 Principles (*compare with 12 Steps*)

Celebrate Recovery, based on the Beatitudes

1. Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. (Step 1)

"Happy are those who know that they are spiritually poor."

2. Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover. (Step 2)

"Happy are those who mourn, for they shall be comforted."

3. Consciously choose to commit all my life and will to Christ's care and control. (Step 3)

"Happy are the meek."

The 8 Principles (cont.)

Actively participating in God's process of sanctification

4. Openly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 and 5)

"Happy are the pure in heart."

5. Made direct amends to such people wherever possible, except when to do so would injure them or others. Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 and 7)

"Happy are those whose greatest desire is to do what God requires"

6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others. (Steps 8 and 9)

"Happy are the merciful" - "Happy are the peacemakers"

The 8 Principles (cont.)

A life of humbly living out and sharing the Good News

- 7. Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will. (Steps 10 and 11)
- 8. Yield myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12)

“Happy are those who are persecuted because they do what God requires.”

<http://www.celebraterecovery.com/resources/cr-tools/8principles>

Seeking Wisdom

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

James 1.5

- We all need wisdom about:

When to get up, when and where to work, when to rest, who to associate with, what to eat, when to fast, how to stay active, how to maintain boundaries, how to love one another, how to get back on track...

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18

Brokenness opens us up to God

Have mercy on me, O God,
according to your abundant
mercy blot out my
transgressions. Wash me
thoroughly from my iniquity,
and cleanse me from my
sin!... The sacrifices of God
are a broken spirit; a broken
and contrite heart, O God,
you will not despise.

Psalms 51.1-2,17

In the days of his flesh, Jesus
offered up supplications and
prayers, with loud cries and
tears, to him who was able to
save him from death, and he
was heard because of his
reverence. Although He was a
son, he learned obedience
through what He suffered.

Hebrews 5.7-8

Break our hearts open to hear your voice, O LORD!

Suffering with Him is the Key

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. Hebrews 12.11

- Our iniquity, sin, and transgression
Step work, an ongoing “fearless moral inventory”
- Our vulnerabilities and weaknesses
Where does sin take hold? Our exposed places, ACEs, secrets and other compartmentalized places
- Our persecutions for righteousness
Watch out that you don’t overestimate this one...

Hearing His Voice

- Cry out and listen

Through prayer and praise, reading the Word of God, studying devotionals, doing Steps, asking the Spirit of God for wisdom and then hearing Him in the *rhema* of the Word and the still small voice of Now I AM.

- Add obedience to knowledge

Ask for “when” along with “what”

Seek confirmational counsel.

Avoid procrastination by following Mary’s command:

Whatever He says to you, do it!

John 2.5



Let's face it...

- Everyone is a hot mess

Definition of “hot mess”: When someone's thoughts or appearance are fragmented or in a state of disarray but they maintain an undeniable attractiveness or beauty.

- Now what do we do?
How about spending some serious **6-R** time with God?



Two Roads

Road to Hell

- Paved with good intentions
- but also paved with...



EXCUSES

Road to Heaven

- Paved with good intentions
- but also paved with...



OBEDIENCE

Selected References

Reading for intentional living, devotions, journaling

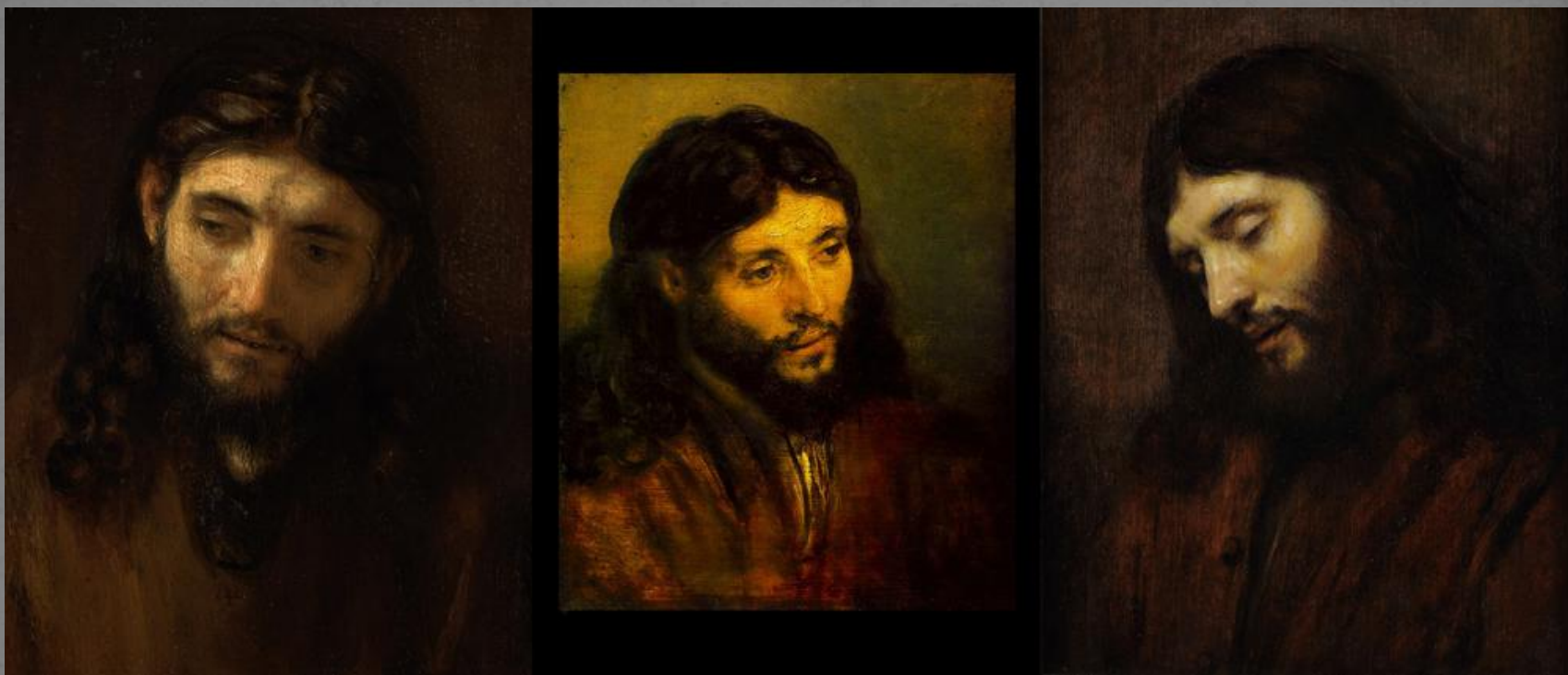
- **Holy Bible** – goo.gl/1DvqxD
I'm currently appreciating the ESV Study Bible
- **Daily Light on the Daily Path** – Bagster family – goo.gl/okoA9N
A timeless devotional from the 1800s, all Scripture
- **The Broken Way** – Ann Voskamp – goo.gl/bXUEmj
A daring path into the abundant life.
- **Sit, Walk, Stand** – Watchman Nee – goo.gl/SSv2nL
Boot camp Christianity, the sort of book every believer needs to read.

Selected References (cont.)

Reading to help with Practical Living

- **In Defense of Food: An Eater's Manifesto** – Michael Pollan
Practical and engaging material about how to eat well – goo.gl/1sJPnQc
- **Men, Women, and Relationships** – Dr. John Gray
Men and women are different... there's no denying it. – goo.gl/qSRvmV
- **Between Parent and Child** – Dr. Haim Ginnot – goo.gl/hRNU7n
Bestselling classic showing how parenting is a skill that can be learned.
- **Parenting Adolescents** – Kevin Huggins – goo.gl/owo81v
More to parenting adolescents than laying down God-honoring rules.

The Bottom Line



Jesus - the same yesterday, today, and forever...

Hebrews 13.8

Questions?



Shalom!



Literally meaning *peace*, referring to God's peace that passes understanding, *shalom* says both hello and goodbye at the same time, which is Now.