MARCH SERMON SERIES

LESSON SIX: OVERCOMMITMENT



Seek
March Sermon Series



“I can seek God and find Him. God is knowable, touchable, hearable, seeable, with the mind, the hands, the ears and the eyes of the inner man.”



Look to the Lord and His strength;
seek His face always.
I Chronicles 16:11



Three Lifestyle Distractions:

1. Over-commitment
2. Materialism
3. Busyness



Lesson Six:
OVERCOMMITMENT
Hinders us
from SEEKING God

Overcommitment is taking on too many obligations or tasks, exceeding one’s capacity to manage them.

“Overcommitment is what happens when your enthusiasm for life collides with the reality of your calendar.”

All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.

Matthew 5:37

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Galatians 1:10

Scripture Lesson
Exodus 18:17-23

When Moses tried to settle every dispute alone, his father-in-law warned, "What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."

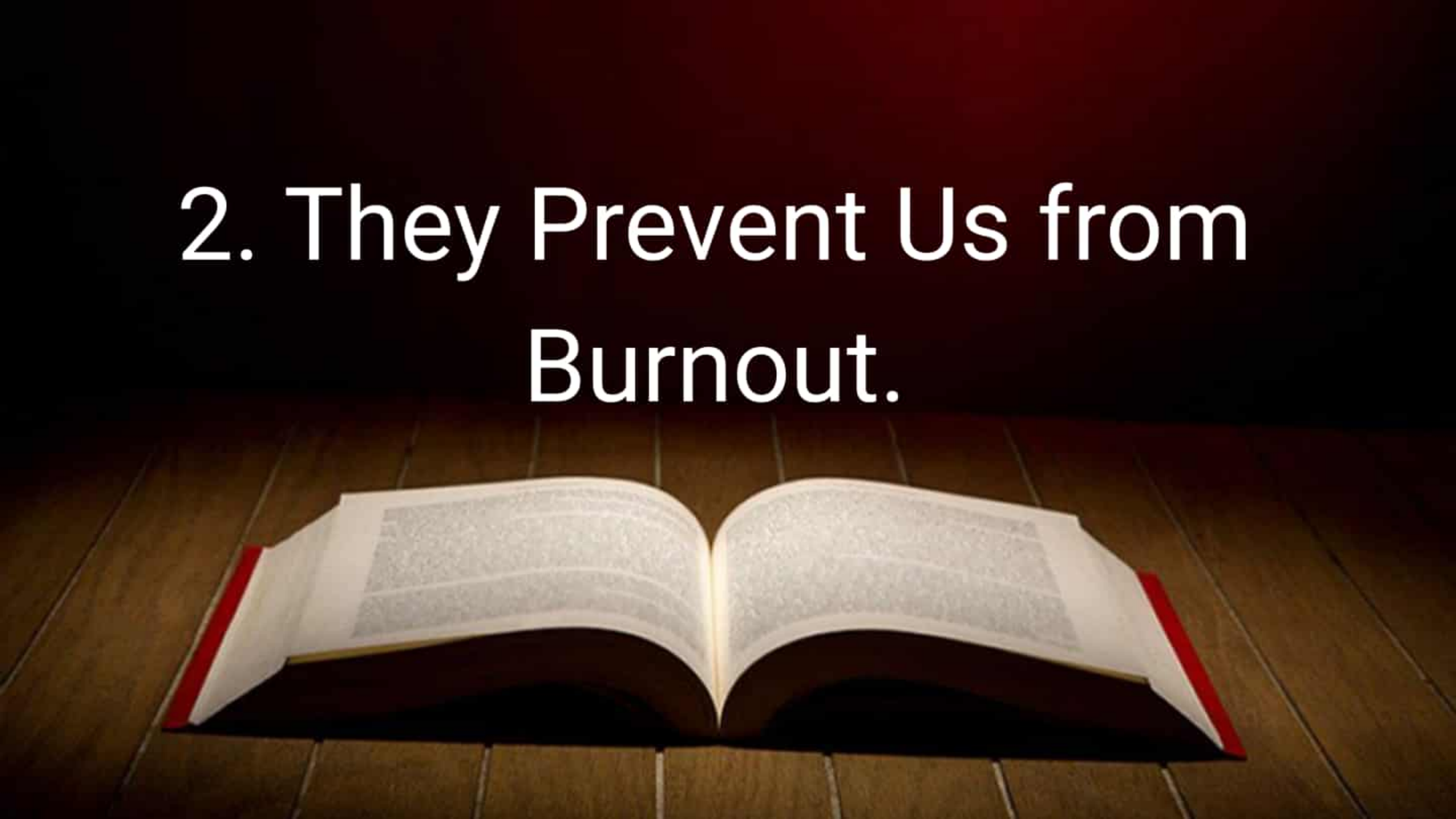
Exodus 18:17–18

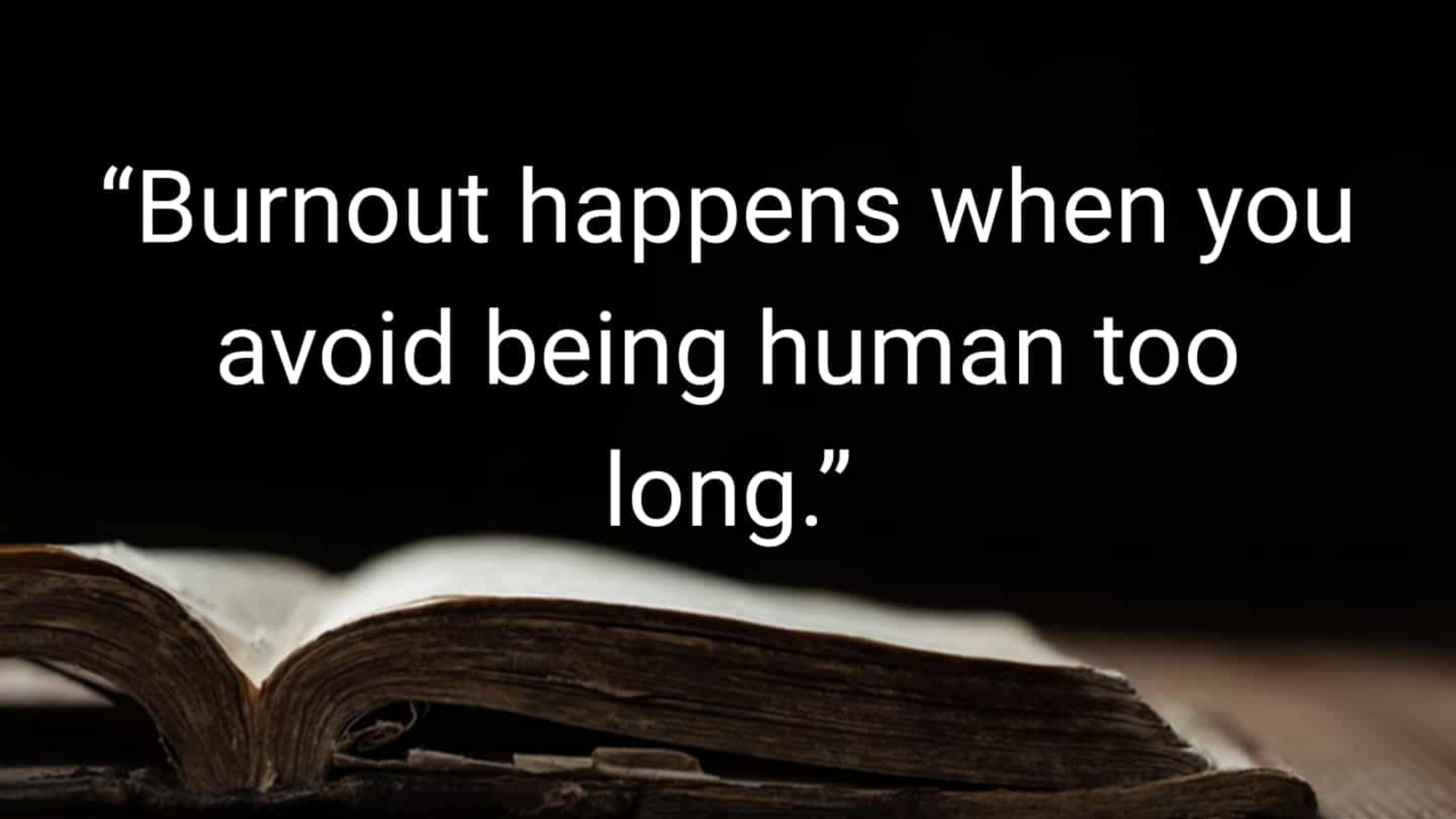
Three Reasons Why Everyone Needs A Jethro:




1. They Offer Objective
Wisdom and Perspective.

2. They Prevent Us from Burnout.

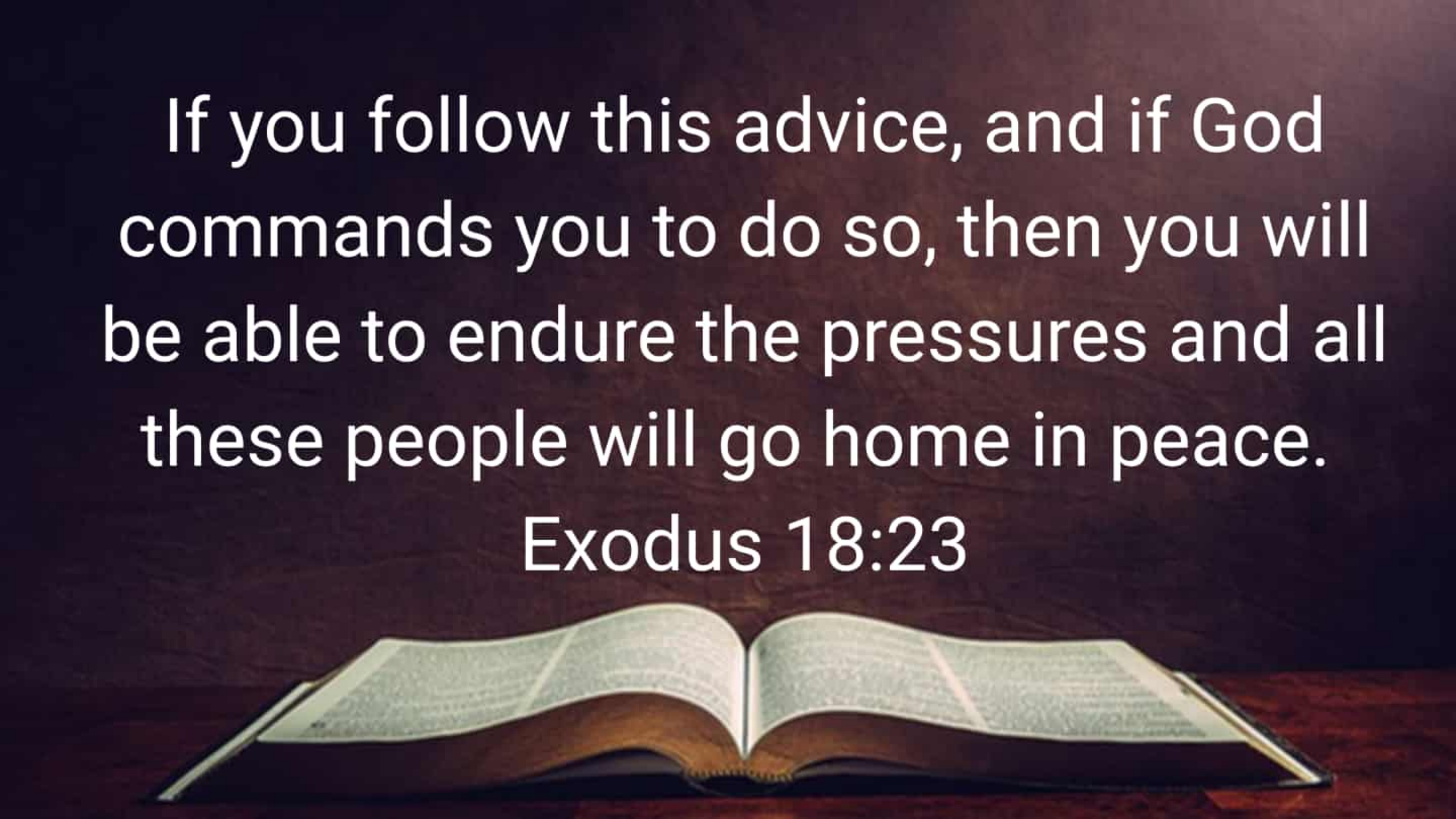



“Burnout happens when you avoid being human too long.”


3. They Help Us
Structure Life.

If you follow this advice, and if God commands you to do so, then you will be able to endure the pressures and all these people will go home in peace.

Exodus 18:23




Two Life Lessons About
Overcoming
Overcommitting:

1. Embrace Your Human Finitude.

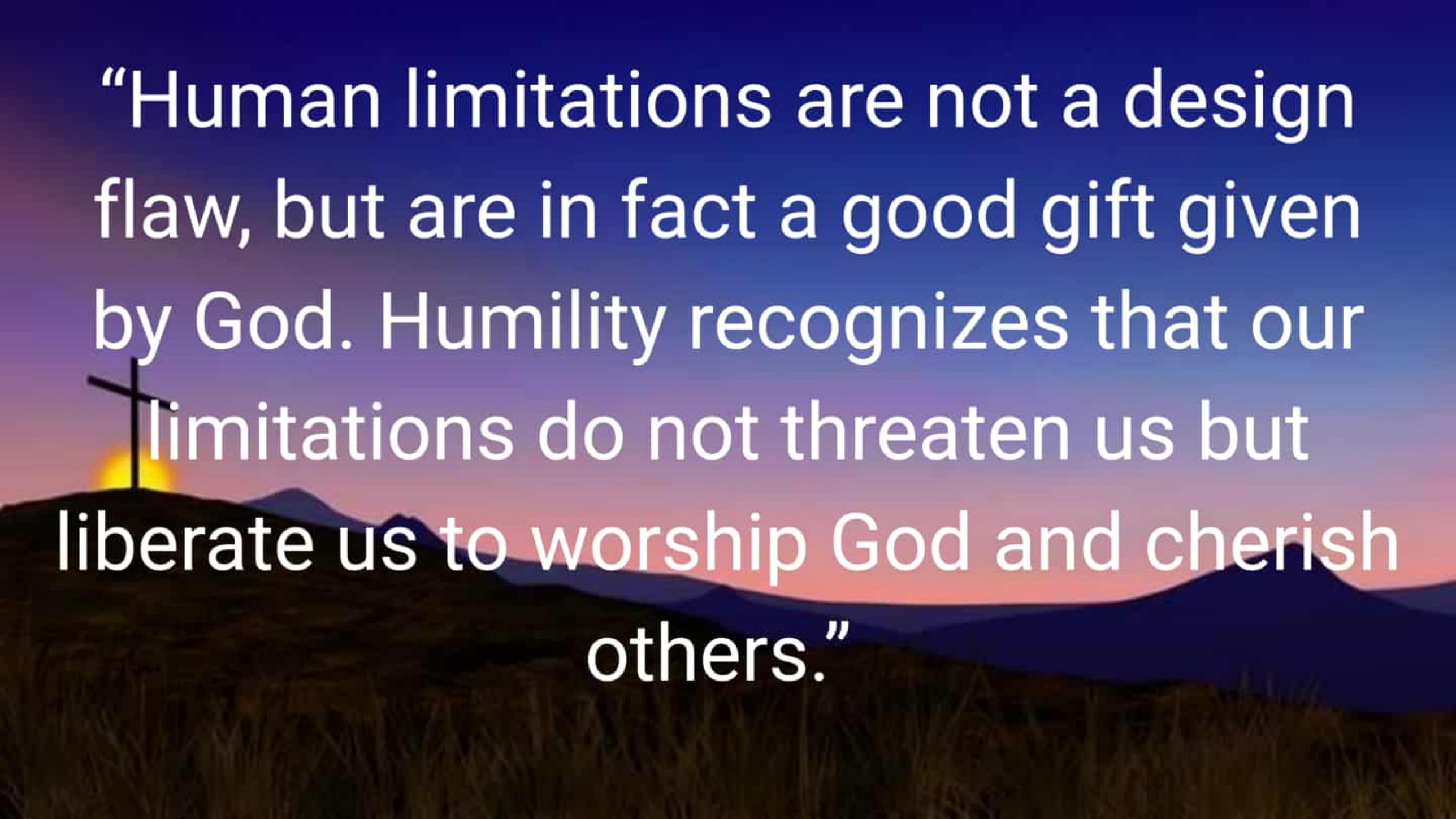
FINITUDE is the state of having limits.

For He knows our frame; He remembers that we are dust. As for man, his days are like grass; As a flower of the field, so he flourishes. For the wind passes over it, and it is gone, And its place remembers it no more.

Psalm 103:14-16

Recognize that burning the candle at both ends eventually "uses you up" rather than "using you for God"




“Human limitations are not a design flaw, but are in fact a good gift given by God. Humility recognizes that our limitations do not threaten us but liberate us to worship God and cherish others.”


2. Celebrate the Gifts
of Others.


Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.
I Peter 4:10-11

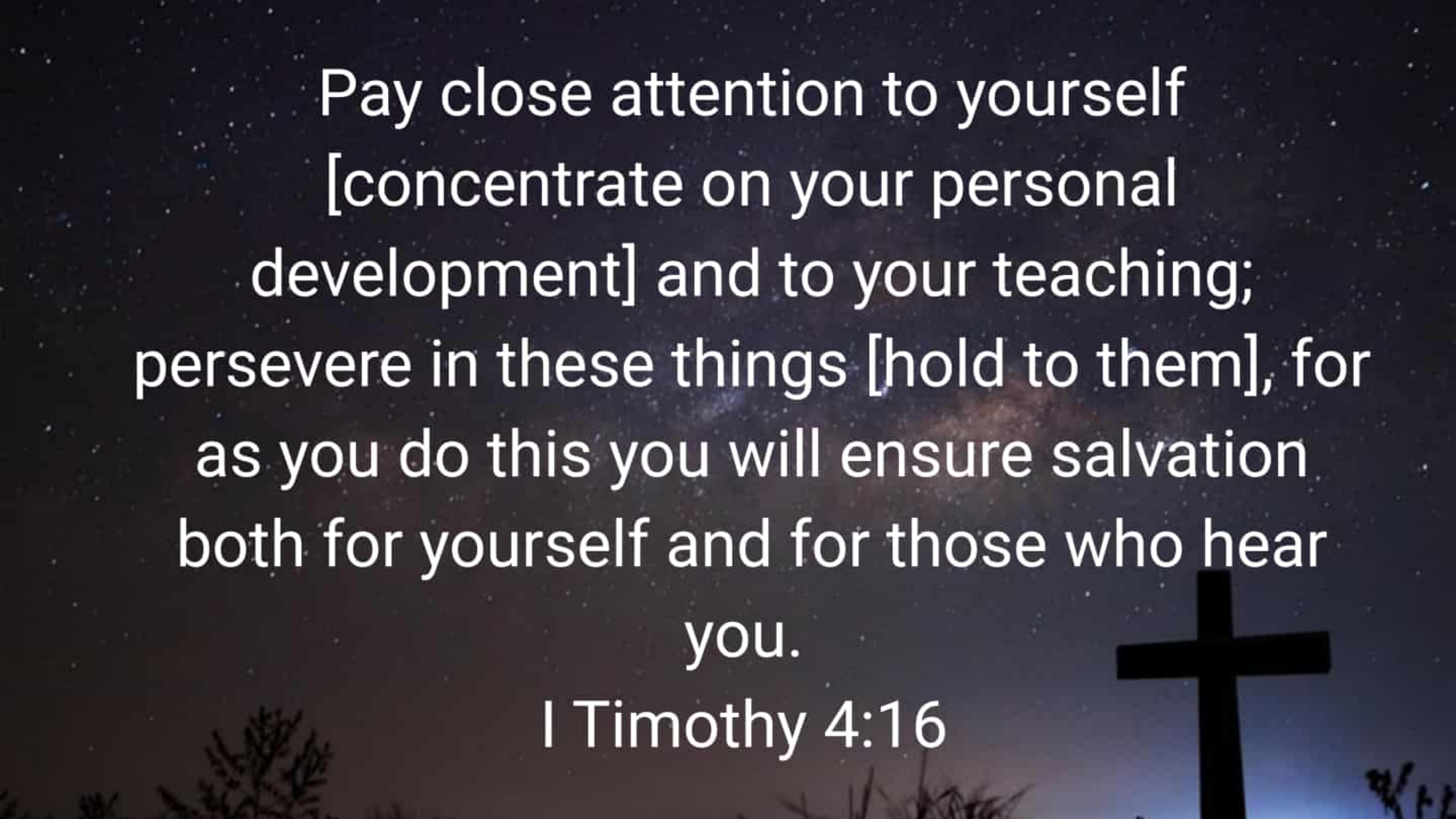
Exodus 18:21-22, But select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens. Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you.

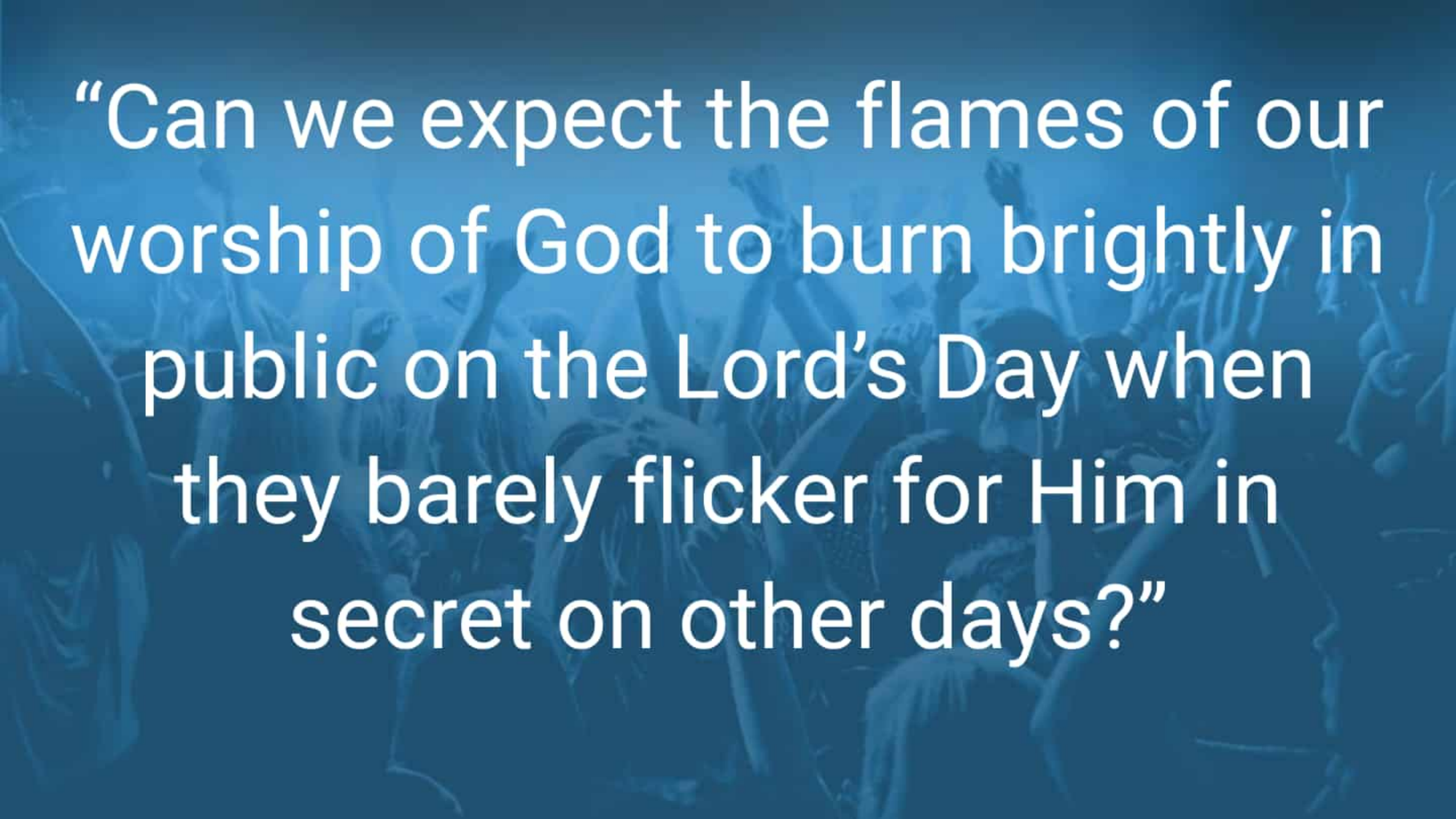


When we over-commit, the first areas of our lives to SLIP are the unseen spiritual disciplines.

And it came to pass in those days, that He went out into a mountain to pray, and continued all night in prayer to God.

Luke 6:12


Pay close attention to yourself [concentrate on your personal development] and to your teaching; persevere in these things [hold to them], for as you do this you will ensure salvation both for yourself and for those who hear you.
I Timothy 4:16


“Can we expect the flames of our worship of God to burn brightly in public on the Lord’s Day when they barely flicker for Him in secret on other days?”



SEEKING God is
a daily pursuit.