

EMPTYING YOURSELF VS. LIVING ON EMPTY

Michelle Myers

All quotes are from Michelle Myers unless otherwise noted.

Leading on Empty: Wayne Cordeiro

“We don’t forget that we are Christians. We forget that we are human, and that one oversight alone can debilitate the potential of our future.” – Wayne Cordeiro

You can love something that makes you tired — I love people, but people make me tired.

Functioning > Fun sometimes

Deep conversation doesn’t drain me.

Sometimes being the strong one becomes our default and we don’t let the One be our strong one.

Unrealized Habits

You’re the strong one.

Feel like you’re letting everyone down

Fixing everyone else’s problems and ignoring your own

False assumptions - living as if they are true

Obligations vs priorities

Unrealistic expectations vs. what you’ll actually stand before God about

Breached boundaries – home/work/church/school in the same walls

Solitude: chosen separation for refining your soul vs. Isolation: what you crave when you neglect solitude

Solitude is hard to find.

We explain or justify burn out away because we’re aware that it could be worse.

Overlooking that you’re human goes to over-spiritualizing how you think that you should be able to function.

We are supposed to operate as the hands and feet of Jesus, we start looking to the way that He lived but we get it messed up.

Philippians 2

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He didn't empty Himself of His deity.

When He took on the form of a human, He added a second nature.

He restricted Himself and His ministry to a human body.

He emptied himself of His rights.

Emptying ourself of our rights is really as simple as humility.

The absence of humility is pride.

Pride: perceived self-importance – looking to self to satisfy instead of God.

The emptiest of empty is getting what the world has suckered you into believing that you need and realizing that's not it.

In order for restoration to happen, you can't do it by yourself.

When you have unresolved things, it feels like emotional debt.

Concern vs. Responsibility

Worry presents itself in more ways than anxiety.

“Learning the difference between a concern and a responsibility may save your ministry, your family and your sanity.”

If you view something as a concern, you take it to the feet of Jesus. You pray. And then, you invest your time and emotional energy in things that are truly your responsibility.

If you view a concern as a responsibility:

- You blame yourself for things you didn't do or couldn't control
- You take everything personally

After you lay it at the Lord's feet, invest your time and energy into the things that are truly your responsibility.

Where you invest your time and energy matters because you don't have an endless supply.

Humbling yourself is an action – it's not magic humility dust. We have to proactively act in ways that will humble our souls.

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Worship → Pursuing humility → in awe of Who God is → worship

Where is your energy going?

Most (like 85%) of what you do, someone else can do

Roughly 10% of what you do, someone can be trained to do

5% of your life cannot be done by anyone but you

The 95% is what builds your resume and impresses the world.

The 5% is the unseen, unknown, unnoticed, uncelebrated but it's why God put you on this earth.

The only reason to overachieve is attention: for attention or to divert your attention to something else.

Overachievement is overproduction.

Michelle's 5%:

- Intimacy with God + enjoying God
- Growing relationship with James
- Raising Noah, Cole + Shea to love God, love each other + others
- Making disciples as I go – Biltmore Church + swHw (build big people – not a big ministry)
- Rest, movement + nourishment
- Fun – enjoying God + the life He gave me

Are you truly tending to the things that only you can do?

We are supposed to be desperate for the Lord, but in our desperation, we have to enjoy Him.

In our desperation for the Lord, we can't stop enjoying Him.

How much far above that 5% we'll go over everything else.

There is a difference between how much we did and how much we did that God asked us to do.

You will not be accountable for how much you have done, but you will be accountable for how much you did of what God asked you to do.

Mark 10:46

“And Jesus stopped” – vs. 49

Cloak = what was required to beg, he jumped up and came to Jesus; losing his cloak was full surrender

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Full surrender while still being blind.

Be honest with Jesus about what you need.

It doesn't make you weak to take your needs to Jesus.

FOLLOW

Simple steps:

#1: Get Help. Cry out to Jesus, be honest with your community.

#2: What you can't delegate and doesn't fit in the 5% gets dropped.

Juggling: some balls are rubber and some are glass - those 5% balls are glass and they'll break. rubber balls that get dropped are just gonna bounce.

#3: Realize it's a process + it probably won't be fixed overnight

#4: Relationships – real, discipleship ones

#5: FOLLOW ----- Contribute > Consume

When consumption is greater than contribution, it creates tension because we were created to contribute.