

## **THE MINISTRY OF HELPS**

### **COURSE OBJECTIVES:**

1. To understand the supernatural gift of Helps
2. To learn the diversity of gifts involved in the Helps ministry
3. To study the spiritual attributes of a servant of God
4. To study the impartation that comes to a Helps minister
5. To help each believer find their own unique place of service
6. To learn how to avoid burn-out in the Helps ministry

### **SESSION 3 – THE PROBLEM OF BURN-OUT AND HOW TO AVOID IT**

## SESSION 3

### I. *The problem of burn-out*

#### A. **Every part of the Body of Christ is necessary to work effectively, but some parts are missing.**

1. Some quit the church.
2. Others left the ministry.
3. Some have never obeyed the call to serve.

#### B. **Unfortunately, when not everyone does their part, some parts get over-worked. This can lead to burnout - or worse. Epaphroditus, for example, almost worked himself to death.**

*Because for the work of Christ he was nigh unto death, not regarding his life, to supply your lack of service toward me (Philippians 2:30).*

### II. *A scriptural example of burn-out*

#### A. **Let's take a closer look at Moses and the 70 elders assigned to help him in the wilderness.**

1. Read [Exodus 18:13-27](#). Note this happened around "the third month" out of Egypt - [Exodus 19:1](#).
  - a. Jethro, Moses' father-in-law told Moses to:
    - 1) Teach the people.
    - 2) Select men of character.
    - 3) They will bear the burden with you.
  - b. Moses did, and things were better for a while.
2. About two years later (Second month, second year - [Numbers 10:11](#)), we find the people complaining ([Numbers 11:1](#), 4-6).
3. These were people who had been sustained and defended by miracles. Yet they forgot the slavery and the brick ovens of Egypt and only remembered the fish and the vegetables.

4. Read v.10: Moses was displeased.
  - a. Earlier, in Exodus 16:8, when the people complained, Moses gave a correct response.
 

***The Lord heareth your murmurings which ye murmur against him: and what are we? Your murmurings are not against us, but against the Lord.***
  - b. This time Moses was tired and put out. He forgot it was God's problem.
5. Read v. 11-13: Got angry, blamed God, felt overly responsible, and magnified his own inability.
6. Read v. 14: "Too heavy" - no longer tapping into the grace
7. Read v. 15: Self-pity: "Please kill me here and now!"
8. Read v. 16-17: God's gracious answer: Did not discard Moses, but reminded him of his 70 assistants.
9. Read v. 25: The Lord supernaturally equipped Moses' assistants for greater service.
10. Moses had anointed Helps ministers in place before the overwhelmingly abundant supply of quail fell - vs. 31-32.
  - a. According to *Dake's Annotated Reference Bible*, each man gathered at least 105 bushels (840 gallons).
  - b. That's 6,270 quail x 30,00,000 people = 2016,00,00,000 quail!

**B. Pattern for burnout and recovery:**

1. Moses lost God's perspective, responded to what he heard and saw.
2. Moses forgot whose problem it was - felt overly responsible.
3. Moses cried out to God.
4. God sent Moses supernaturally anointed Helps and other provision as needed.
5. Problem was solved - at least for the moment!

**III. Avoiding burn-out**

**A. Practical steps to avoid burn-out:**

- I. **Keep your personal, intimate relationship with God fresh.**
  - a. Remember that to **Him, His** relationship with you is more important than anything you will ever do for Him.
  - b. Your priorities are as follows:
    - 1) Personal relationship with God
    - 2) Your family
    - 3) Your job
    - 4) The work of the ministry
2. **Ask God for His goal in your life for this season.**
  - a. If you are feeling overwhelmed, step back. Refresh yourself in the Lord. Take time to hear from Him. Really L-I-S-T-E-N to His instructions.
  - b. Obey what He tells you. Stay within your present calling. It may be necessary to let go of the old to make room for the new.
  - c. He may show you exactly who to recruit to help you - He did that for Moses, Elijah, Jesus, and Paul.
3. **Learn to say “No”.**
  - a. If you have too many assignments:
    - 1) Don't just let things “fall through the cracks.” Your leader is counting on you.
    - 2) Instead, make a list of the tasks you need to complete in the next month. Then sit down with your leader to review your list. Have your leader prioritize the tasks. He may need to find some help for you.
  - b. **Do top priorities first.**
    - 1) You only have so much time, so spend it wisely. Say “No” to the unimportant. Say “Yes” to the best. (Sometimes you will need to say "No" to the good.)
    - 2) Every time the urgent is put first, the important takes second place.
  - c. **Getting saddled with another person’s responsibilities**

- 1) "Many over-responsible people who work next to under-responsible people bear the consequences for their co-workers. Always covering for them, or bailing them out, they are not enjoying their work or their relationships with these people. Their lack of boundaries is hurting them, *as well as keeping the other person from growing*" (*Boundaries* Cloud and Townsend 197).
- 2) Confront your co-worker with truth and love. If he gets angry don't get angry back. Say, "I am sorry if this upsets you. But that job is not my responsibility. I hope you get it worked out."

**B. Burn-out happens when you don't resolve conflicts biblically.**

1. Having conflicts either with a co-worker or with your leader drains your energy and steals your joy.
2. Go to the one you are having conflict with "first alone" (Matthew 18:15).
  - a. Don't share your concern with anyone else first.
  - b. Listen and try to understand their perspective.

**C. Burn-out happens when you "do things for God" in your own strength.**

*Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. (1 Peter 4:11 NLT).*

1. Don't rely on your own ability, but on God, who supernaturally makes you sufficient.

*Such is the reliance and confidence that we have through Christ toward and with reference to God. Not that we are fit (qualified and sufficient in ability) of ourselves... or count anything as coming from us, but our power and ability and sufficiency are from God. [It is He] who has qualified us [making us to be fit and worthy and sufficient as ministers of the new covenant (2 Corinthians 3:4-6 AMP).*

2. Paul gave ministers this advice: use your gift... according to the grace that is given you (Romans 12:6a NKJV).

Here is an expanded version of the rest of this passage:

*If your gift is prophesy, speak out when you have faith that God is speaking through you. Just preach God's message, nothing else. [Stop when the Holy Spirit stops.]*

*In the same way, let us wait on our ministering, on our teaching, on our exhortation. [Stop when the Holy Spirit stops.]*

*If your gift is giving, wait for the Spirit of liberality.*

*If God has given you leadership ability, take the responsibility seriously.*

*If you are showing mercy, wait until you can do it cheerfully - with genuine cheerfulness and joyful eagerness.*

*In other words, don't grind out goodness! Love [and serve] from the center of who you are. Don't fake it (Romans 12:6-9 NKJV, KJV, NLT, MSG, AMP).*

3. Just as someone giving a prophecy needs to stop when the unction lifts, so a Helps minister should be sensitive to stop serving when the anointing lifts.
  - a. Grace is given so you can serve with a joyful heart.
  - b. What you do with a wrong attitude - or dread - doesn't count. Wait for grace so you can do it cheerfully. You can't "grind out goodness"!

#### **D. Burn-out happens when you try to do it all yourself.**

1. Delegate!
  - a. Remember Moses? Expect God to send you those who can help.
  - b. Look for those who have a willing heart to serve.
  - c. Run their names by your pastor for his approval.
  - d. Then ask them to help with a specific small task.
  - e. Enlarge their role as they prove faithful.
2. Even if you have done it before, maybe God wants someone else to do it this time.
3. "Increased responsibilities give the delegate an enriched level of satisfaction as well as a greater sense of worth. Delegation is empowerment - and that is the mainspring of better work. Your staff will not develop unless they are given tasks that build their abilities, experience and confidence.'  
[Taken from *How to Delegate* by Robert Heller, p.9]

4. "Here's my rule of thumb. If something I'm doing can be done 80 percent as well by someone else, I delegate it." [Taken from *The 21 Irrefutable Laws of Leadership* by John Maxwell p. 210]

**E. Stay fresh and excited by expecting - and experiencing – the supernatural.**

"It may come as a surprise to you, but God doesn't really care what you can do because when He calls you to do something, He also empowers you with the grace to do what He wants done.

"God may be speaking to you and giving you the assignment for your life. In the natural, you may feel it's impossible, but look past the natural and look into God's supernatural. Accept the challenge and allow Him to empower you, and the grace for the job will be there as needed." Dr. Larry Ollison

1. Expect supernatural help in *spiritual and emotional* ways:
  - a. Strength, patience, kindness beyond your own ability
  - b. Supernatural peace in exchange for feeling overwhelmed
  - c. Gifts of the Spirit in operation
2. Expect supernatural help in *practical* ways:
  - a. New insights on how to organize things or events
  - b. Praying for cars to start; praying for printers to work
  - c. Being there "accidentally" at just the right time to help your pastor
  - d. Your time being supernaturally expanded
  - e. Finding things
  - f. Food being supernaturally increased
  - g. Sleep when sleep is humanly impossible
  - h. A song to sing at a time of great physical discomfort
  - i. Your best ministry done right after the worst day of your life
3. Examples from Scripture:

- a. We have already seen how Eliezer, Joseph, Elisha and the twelve disciples received supernatural assistance as Helps ministers.
- b. Here are some other examples:
  - 1) Young Samuel received a word of knowledge about Eli and his sons - 1 Samuel 3:10-14.
  - 2) David was anointed to play the harp for Saul and drive out an evil spirit - 1 Samuel 16:23.
  - 3) Elisha's servant's eyes were opened to see angels in chariots of fire surrounding his city - 2 Kings 6:17.

#### *IV. Impartations as you serve*

##### **A. Expect to receive an impartation from God as you are serving in the Ministry of Helps.**

##### **B. A scriptural example of impartation - Moses and Joshua**

1. Joshua stayed out of the lime-light, but was always near Moses.
2. He saw Moses in action again and again.
  - a. Moses was the meekest man on the face of the earth (Numbers 12:3).
  - b. Moses went to God and reported what the people were saying.
  - c. He then waited and got God's direction.
3. Moses demonstrated obeying God. Moses had confidence that if he obeyed what God had spoken to him, it would work.
4. Joshua watched as God came through again and again. Joshua became fully persuaded that God would do what He had promised.
5. When Joshua became the leader of Israel, he came to his own crises of belief.
  - a. God said to cross the Jordan at flood stage.
  - b. Would God part the waters for Joshua as He had parted the Red Sea for Moses?



6. Joshua sought God's specific plan and acted in faith as he had seen Moses do so many times - and God came through for him, too.

**C. Other examples:**

1. Elijah parted the Jordan. Elisha parted the Jordan with Elijah's mantle - 2 Kings 2:8, 14.
2. Jesus healed the sick; Peter and John laid hands on the lame man at the beautiful gate of the Temple - Acts 3:2-10.

**D. As the helpers faithfully served, there was an impartation of the anointing.**

**E. NOTE: When you are recruiting and training others to help you in the Ministry of Helps, it's not bad to let them hear you pray, "Help me, Lord!"**

1. They will see God helping you.
2. They will learn that it's okay not to know how to do everything before they step out in faith to obey.