



Simple Steps to Avoiding Burnout

Are you struggling with motivation today? Is it taking all you've got to just face what's on your to-do list?

I remember waking up one morning and thinking "I don't feel like getting out of bed. I don't *feel* like doing all that I have to do today. I *feel* like I'm running on empty."

So I went to the Psalms that morning and what I found there in the Songs of Scripture was a pattern that I needed to follow in my life.

In all 150 of the Psalms, the phrase *I will* was sung 140 times. When Asaph was disillusioned with the circumstances in his life, he sang: "I will meditate on all Thy works; I will remember your

deeds."

When David was wondering if God heard his cries for help, he said "I will come into your house; in reverence I will bow down." And when he felt like he was being defeated, he sang "I will know that God is for me; I will not be afraid."

The Psalmists didn't say "I think" or "I feel" or "I should." It was "I will" — a determined course of action. And I realized there were some things I needed to say "I will" about whether I felt like it or not.

So I began to say "I will start my day in prayer" and "I will get into God's Word" so I could stay focused in my mind.

I began to say "I will eat sensibly today. I will take opportunities to exercise" so I could keep fit in my body.

And I began to say "I will" appreciate what God has made. "I will take time to reflect and worship" in order to keep my soul fresh.

As I began saying "I will" about the things I didn't *feel* like doing, God met me where I was and infused that fuel back into my life.

So my friend, what do *you* need to say "I will" about today?

"I will tackle this to-do list with enthusiasm?"

"I will prioritize my family today?"

"I will live in a way that honors my God?"

"I will do all that is required of me to the best of my ability?"

Say those two words "I will" and see what you end up accomplishing today.



Cindi McMenemy is a pastor's wife, mother, and national speaker who helps women find strength for the soul. She is the author of several books including *When Women Walk Alone*, *Women on the Edge*, and *When You're Running on Empty*, upon which this article is based. For more free resources to strengthen your personal life, your walk with God, or your marriage, see her website: www.StrengthForTheSoul.com.