

HERBERT FREUDENBERGER

“A depletion or exhaustion of a person’s physical or mental resources attributed to his or her prolonged, yet unsuccessful striving toward unrealistic expectations, internally or externally derived.”

PHILIPPIANS 2:5-7

Adopt the same attitude as that of Christ Jesus, who, existing in the form of God, did not consider equality with God as something to [forcefully cling on to]. Instead, he emptied himself by assuming the form of a servant, taking on the likeness of humanity.

PHILIPPIANS 2:7B-8

And when he had come as a man, he humbled himself by becoming obedient to the point of death.

PHILIPPIANS 2:12-13

Therefore, my dear friends, just as you have always obeyed, so now, not only in my presence but even more in my absence, work out your own salvation with fear and trembling. For it is God who is working in you both to will and to work according to his good purpose.

GORDON FEE

“One does not live out the gospel casually or lightly, but as one who knows what it means to stand in awe of the living God ... The gospel is God’s thing, and the God who has saved his people is an awesome God. Thus “working out the salvation” that God has given them



should be done with a sense of “holy awe and wonder” before the God with whom they—and we—[worship].”

Fight

~~HUSTLE~~

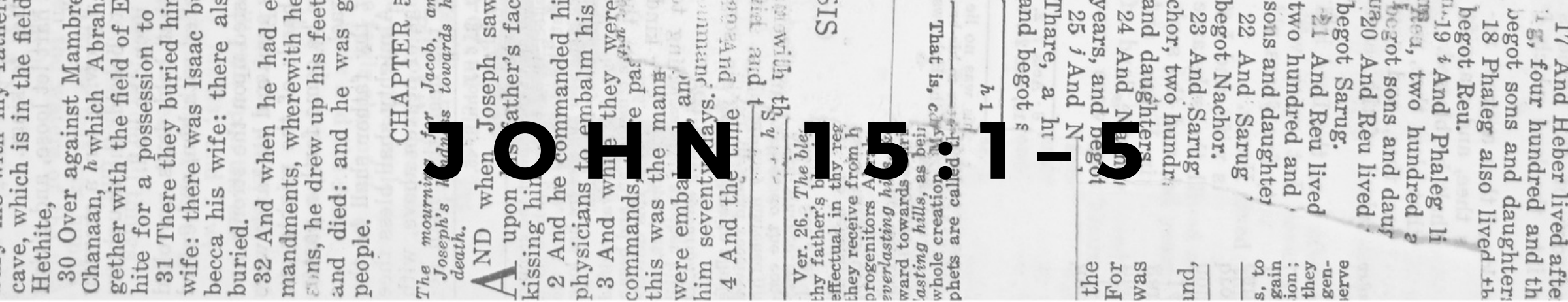
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HURRY

Podcast

JOHN 15:1-5

I am the true vine, and my Father is the gardener. Every branch in me that does not produce fruit he removes, and he prunes every branch that produces fruit so that it will produce more fruit. You are already clean because of the word I have spoken to you. Remain in me, and I in you. Just as a branch is unable to



produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.

A RULE OF LIFE

Creating a structure, a schedule, a rhythm and pace to life that imitates Jesus and makes our connection to Him the central focus of our lives.

Rules (or Rhythms) of Life

[illegible]

30 Over against Mambre Chanaan, ^h which Abraham gathered with the field of Ephraim for a possession to be his.

31 There they buried him and his wife: there was Isaac buried also: there also Rebecca his wife: there also Sarah was buried.

32 And when he had en-
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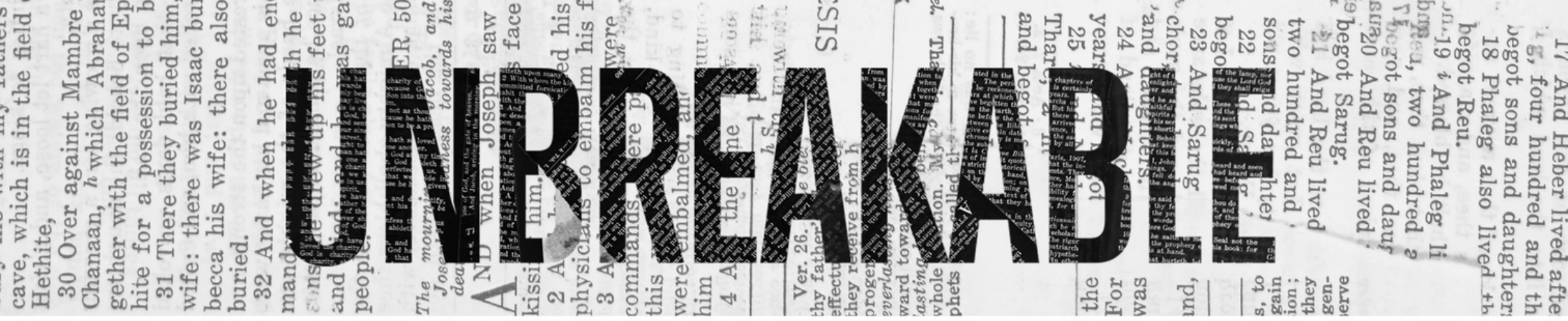
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18 Phaleg also lived to beget Reu.

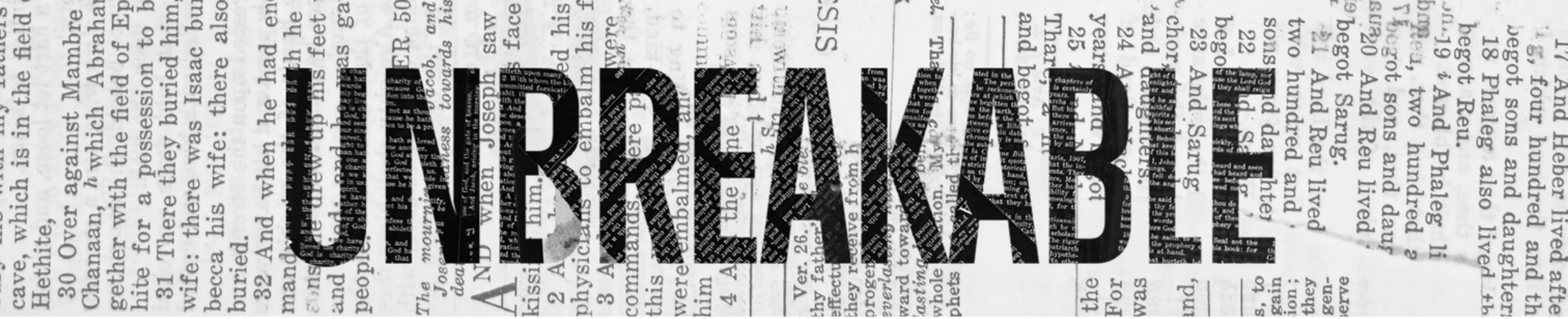
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17 And Heber lived after
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Silence Sabbath Slowing Down



Silence Sabbath Slowing Down Simplicity



Silence
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Slowing Down
Simplicity
Obscurity



Silence
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Slowing Down
Simplicity
Obscurity
Empathy

Silence
Sabbath
Slowing Down
Simplicity
Obscurity
Empathy
Saying No

[illegible]

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The mourning of Jacob, and Joseph's death towards his dear father.

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