



A KEY TO PREVENTING BURNOUT:

Heart Connection With God

J.J. Turner

Do you know Him? A phrase in a song asks. And how important is it to know God? Jesus gives us the answer: *Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent* (John 17:3). How do we get to know God better? I mean in a more personal way?

Moses had the answer. *Moses used to take a tent and pitch it outside the camp some distance away, calling it 'the tent of meeting' "* (Exodus 33:7). Wow! Have you ever longed for a place to go and get away from people so you could have a private meeting with God? I have! And guess what? Jesus practiced this get away behavior: *And when he had sent the multitude away, he went up into a mountain apart to pray: and when the evening was come, he was there alone* (Matthew 14:24).

I, too, need to practice this get away behavior if I ever hope to win over stress and prevent burnout. There's something wonderful about solitude and being alone with your heavenly father.

Yes, God is with you in the fast lane, but it's doubtful how much you are with Him, how really connected at the heart level you are. More than ever in our day of people dying of heart attacks and diseases ever second, do we need to find a way to get to our tents—our mountains—to our places of solitude where we can be alone with God. A.W. Tozer wrote, *Retire from the world each day to some private place till the surrounding noises begin to fade out of your heart and a sense of God's presence envelops you.* Sage advice!

It is in the stillness that we make a true heart connection with God. *Be still, and know that I am God...*(Psalm 46:10). Who can be still in this fast paced life, where there is never enough time? God is not pushing you, or trying to get you to break the sound barrier. He is not impressed with your time in the rat race of life.

The **Jeremiah Institute** is dedicated to helping ministers, as well as others, prevent stress and burnout. Examine this website for great materials and opportunities to enrich your ministry and avoid burnout.