

## “God Knows My Heart”

Sometimes the expression "God knows my heart" is used to justify decisions made that are opposed to His word. Have you ever made that statement trying to justify your actions knowing they are wrong?

1. The truth is that our sins are evidence of an unclean heart.

“What comes out of the mouth proceeds from the heart...out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander” (Matthew 15:18-19) (see Psalm 51)

2. And, we cannot hide our hearts from God. He sees, knows, and judges our heart.

“If we had forgotten the name of our God or spread out our hands to a foreign god,

by Justin Robinson

would not God discover this? For he knows the secrets of the heart.” (Psalm 44:20-21)

3. So what is the answer? It is not to try and excuse ourselves or our actions. Rather it is to make clean what is unclean. Jesus died not so that we could justify ourselves, but that we could be justified by submitted ourselves to Him.

“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you” (James 4:8-10).



Lisa Carter (Luke's mother)	Jesse Godwin (Troy's father and Mac's grandfather)	Nell Holcomb (Ben's grandmother, Joannetta's aunt)	Louise Pack (Anna and Christopher's grandmother)
Gloria Detmer and Carol Dickerson (Toni Herd's Sisters)	Don Lanier (Father of Greg Lanier)	David Hartsell (Holly and Brad's Father)	Ruth Addison (gmom of April and Julie)
Madeline Morton (Greg Lanier's g'daughter)	Alexander Locke (Jeremiah's cousin's son)	Betty Bradford	Jay Jennings (Brooke Perkins' dad)
Jean Buchanan (Abbie Harrison's grandmother)	Tina Atnip (Orie's cousin)	Danny Weldon (Rusty Weldon's brother)	William Smith (Ken Sullivan's brother)
Gerald White (Christopher, Anna and Wesley's Father)	Arabelle Rich (Joannetta's aunt)	Jane Hunt (Chuck's mother)	Charles Hunt, chuck Hunt's dad
Gay Ulrich (Emma's mom)	Charles Cecil (Orie's gdad)	Taina Acuff (Anna's aunt)	John Duke (Jared Johnson's cousin)

### May Birthdays

- 2-Taylor Bethea
- 2-Emily-Anne Nguyen
- 2-Effie Kirby
- 3-Paula Davis
- 4-Anthony Horton
- 7-Isaiah Messer
- 10-Ian Norman
- 10-Ryan Hasty
- 11-Caleb George
- 11-Scott Perkins
- 12-Frances Humphrey
- 12-Patrick Davis
- 13-Anna Grace Long
- 13-Jana Hall
- 13-Peyton Vines
- 15-Bryce Daniels
- 16-Chelsea O'Dell
- 18-Ty Randolph
- 18-Curran LaChappelle
- 19-Steven Darby
- 22-Sarah Bethea
- 24-Andy Roberts
- 25-Chuck Hahn
- 26-Fallon Hartsell
- 28-Barbara Weeks
- 28-Candy Long
- 28-Julian Reid
- 31-Rachel Tolliver

### News and Notes

- ☒ - Please continue to pray for Chris Long's brother and sister-in-law, Kevin and Virginia, who lost a baby daughter this week.
- ☒ - Sandra Chason's mother and brother suffered strokes recently.
- ☒ - We rejoice at the baptism of Ervin Velasquez and Leydis Fuentes!
- ☒ - Toni Herd remains in the hospital after removal of a blood clot in her brain. She is improving slowly and beginning therapy.
- ☒ - Josh and Katie Carter have a healthy new son, Milo William Zane Carter!
- ☒ - Ingrid Chavez gave birth to a son, Jacob, on Tuesday. He is in NICU in Baptist South in Montgomery and improving.
- ☒ - Toni Herd's uncle, James Hall, is suffering with bronchitis.
- ☒ - Please pray for our expectant mothers: Paula Davis, Xiang Li and Brooke Perkins.
- ☒ - Please continue to pray for Gustavo as we are seeking to have approval of a work visa so he can continue to preach here!
- ☒ - Group meetings are tonight!
- ☒ - All audio is posted to [www.auchurch.com](http://www.auchurch.com) immediately after each service. Audio CD's will be in the foyer.

# The Auburn Beacon



Let your light so shine before men, that they may see your good works and glorify your Father in heaven. (Matthew 5:16)

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## Burnout

By Brian V. Sullivan

Webster's Ninth New Collegiate Dictionary describes "burnout" as: "exhaustion of physical or emotional strength" (p. 189). Burnout is one of those terms that we hear used more often today than we did ten or twenty years ago. It can involve anyone, but often affects people who are in a high stress situation or occupation.

### Factors That May Cause Burnout

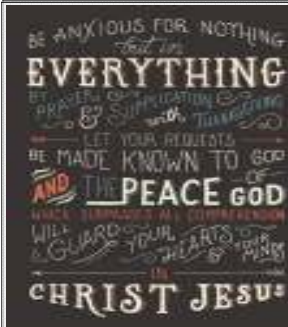
1. Burnout may be the result of expecting too much from yourself. We speak of someone who imposes unrealistic goals, or standards of what is acceptable or suitable. They may have been reared in homes where they were never commended for what they did. No matter how good it was, it was never quite good enough. As a result, they have set before themselves an impossible level of attainment. Even if they did achieve it, they probably would never find satisfaction in it, for they would not be convinced that it was as good as what others might do. Paul, writing by inspiration, spoke of some who "measuring themselves by themselves, and comparing themselves among themselves, are not wise" (2 Corinthians 10:12). That measurement cuts both ways. There is the possibility of setting the standard too low, and there is the possibility of setting it too high, but

Instead of unburdening themselves before God's throne at the end of a day, such a person tends to carry their concerns into the night. As a result, their bed looks more like a war zone than a place of rest the next morning, and their night is but another extension of a stressful day.

either way Paul says it is "not wise". It is good to realize that God never expected us to do more than what we are able to do, nor should we expect the same of ourselves. Do the best you can do, and rejoice in it, never mind how it stacks up against others or what others might think.

2. Burnout may be the result of one becoming a workaholic. This condition describes someone who gets so wrapped up in their work that they never seem to let it rest. Solomon, in the long ago, suggested that "much study is wearisome to the flesh" (Ecc 12:12). Burnout can happen in many different situations in life, but often is

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### Thoughts to Ponder

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. (Philippians 4:6)

### Elders

Walker Davis  
(334) 703-0050  
Larry Rouse  
(334) 734-2133



### SCHEDULE OF SERVICES Sunday

Bible Class .....9:30 AM  
Worship .....10:20 AM  
Evening Worship ..... 6:00 PM

### Wednesday

Bible Classes.....7:00 PM

### E-Mail:

[larryrouse@aubeacon.com](mailto:larryrouse@aubeacon.com)

Larry Rouse  
Evangelist and Editor

Find us on the Internet: [www.auchurch.com](http://www.auchurch.com) and [www.aubeacon.com](http://www.aubeacon.com)

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found in those who tend to do excessive amounts of "head-work" rather than "back-work".

3. Burnout may be the result of not taking a break from the day to day activities that constantly affect us. A recent study suggested that most executives and those people in high stress situations need to have at least two weeks absence from the job site in order to get the mental rest they need. Jesus, while He was here, needed to get away once in awhile. He sometimes simply left the crowd and went to the mountains or hillsides (**Mark 6:46-47**). When the apostles returned from some of their work under the limited commission, Jesus instructed them to "Come aside by yourselves to a deserted place and rest a while" (**Mark 6:30**). He realized that they needed some time to regain their strength and get bolstered for their next challenge. Yes, sometimes we just need to get away.

4. Burnout may be the result of trying to carry the burden all by ourselves. Others must bear the responsibility for their own actions, we cannot carry all of their responsibility in addition to our own. Early in my preaching, I spent a lot of time stewing and fretting over those who forsook assembly with the saints, or who turned their back on my faithful teaching and preaching. As a result, I ended up hurting for them. It didn't do a thing for them, but it eventually caught up with me. I had to learn that my responsibility was to preach the word, live it faithfully myself, but allow others to bear responsibility for their own actions. (**1 Cor 3:5-7**)

5. Burnout may be the result of putting too much trust in self, and not leaning enough upon God. Paul instructed us in **Philippians 4:6-7**: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

To try to go it alone will result in unnecessarily heavy burdens upon ourselves. Instead of unburdening themselves before God's throne at the end of a day, such a person tends to carry their concerns into the night. As a result, their bed looks more like a war zone than a place of rest

the next morning, and their night is but another extension of a stressful day.

6. Burnout may be the result of carrying luggage from the past into the present. Sometimes, people will not let go of the past. Harboring it, allowing it to constantly create grief and sorrow is not good. If it is a sin that we have committed (or continue to commit), we must seek God's forgiveness for it. The longer we hold on to it, the more it will affect our health both mentally and physically. If we have sought God's forgiveness (whether through our initial obedience to the gospel of Christ, or as a Christian through confessing, repenting and praying God for forgiveness) we must accept it (**Acts 2:38-41; 8:22; 1 John 1:7-9**). If it involves someone else, we need to make amends to the best of our ability, and press on. If it is something that someone else has done to us, we need to pray for them, and hope that they will come to repentance. One thing is for certain, we cannot bear the shame, feel the reproach or continually dwell upon their ill-treatment of us, it will not move them one bit closer to resolving their sin, nor will it help us. There are times when we need to be willing like God to "forgive" and "forget" (a principle of **Hebrews 8:12**).

7. Sometimes burnout is the result of feeling all alone. We believe that no one else is standing with us. Elijah, the prophet, was someone who had this experience (that of feeling all alone). What he had to do was move beyond the "Elijah Syndrome" and realize that if God is with you, you are in the majority. God called him, rebuked him, and demonstrated that is not always the "big things" that accomplish His purpose. He reminded him that he was certainly not alone, and ordered him to return to active duty (**1 Kings 19:1-18**).

#### *Coping With Burnout*

1. Take one day at a time, and handle one event at a time (Matthew 6:33-34). 2. Pray for that day and the situations you may face (**1 Timothy 2:2; 1 Thessalonians 5:17; Matthew 6:11**). 3. Be thankful for what you are and what you have, don't dwell on what you do not have (**Philippians 4:11**). 4. Recognize that you are but one part of the whole equation. You can not and should not bear everyone's responsibilities. Accept your own, and work out a strategy to handle them. 5. Clear out the left over baggage and trust in God's forgiveness.



## *Conspiracy Theorists*

By Garner Hall

"Richard Nixon is a communist!" the man told me with certainty. "Why do you say that?" I asked. "He went to China to talk to them. Must be one of 'em," was the response.

Another man told me something to the effect that all politicians, except for George Wallace, were either communists or communist sympathizers, and sometimes he wondered about George.

I remember hearing from many conspiracy theorists during my teenage years in north Alabama. They were certain that communists from the Soviet Union were about to take over America with the willing complicity of most politicians. Those politicians were attacked with all kinds of exaggeration, innuendo, and quotes out of context. Thousands were convinced that Nixon, Kissinger, and other politicians of the 70's must at least have been fellow travelers.

#### *"Conspiracy Theorists" in the Bible*

Some tried to paint the apostle Paul as advocating, "let us do evil that good may abound" (**Rom. 3:8**). Paul was no softy, but his teaching on God's grace and his efforts to humble himself and avoid a harsh presence made him the object of unfair attacks, **2 Cor. 11:7-15**. Many were sure that Paul was the leader of a great conspiracy against truth. He was the subject of personal attacks on his physical presence and speech, **2 Cor. 10:10**.

Diotrephes could find fault in almost everyone, including the apostle John. He prated against John and other faithful brethren with "malicious words" (**2 John 10**).

#### *The Difference Between Vigilance And Unfair Fault-finding*

Aren't we to be vigilant and watch for signs of apostasy? Absolutely! "The devil walks about as a roaring lion seeking whom he may devour" (**1 Pet. 5:8**). Some arise from within the ranks of Christians "speaking perverse things to draw away disciples after themselves" (**Acts 20:30**). Immodest clothing, ungodly entertainment, looseness on divorce, alcohol, dancing and other worldly practices are eating away at the moral fiber of the saints.

And yet in this battle it is possible to do more harm than good with reckless cries of wolf. Wild, unchecked and undocumented accusations distract the focus from the real enemy and cause brethren to "bite and devour one

The fault-finder will pass along rumors. I once heard from a young Christian that a godly Texas preacher "believed in abortion." Of course the young Christian hadn't contacted the preacher, but I did.

another" (**Gal. 5:15**), rather than directing their energies against Satan.

How can we distinguish between the vigilance that God commands and the ungodly fault-finders: Love for truth, fairness, and love for brethren.

The vigilant lover of truth will check out facts before rushing to judgment. If possible, he will contact a brother whose teaching is being questioned before launching a broadside. He realizes that he must understand a position before he can deal with it properly. If he

feels he must expose compromising doctrine, he will present that doctrine accurately without trying to embellish it.

The fault-finder will pass along rumors. I once heard from a young Christian that a godly Texas preacher "believed in abortion." Of course the young Christian hadn't contacted the preacher, but I did. The preacher was aghast that such rumors were being circulated against him and sent me a cassette tape to pass on to the young man in which he plainly presented Bible teaching against abortion.

An older preacher harshly accused a group of editors of not wanting many scriptures quoted. If he had taken the trouble to look at the most recent copy of the magazine they publish, he would have seen over 200 scriptures referenced in just that one issue. However, fault-finders are seldom interested in facts or in fairly representing those who are the objects of their attacks. If they read their writings or listen to their preaching it is simply to find fault, and not to understand objectively what is being said. They pass along rumors and hearsay, which they may sincerely believe. However, the bottom line is that they don't have enough love for the truth or their brethren to check out facts. They stir up those inclined to be suspicious, but actually are very ineffective in fighting worldliness and loose thinking.

While brethren bite and devour one another, Satan continues to sweep away disciples into the world. To fight him, God needs vigilant, sober, and loving servants – not hypercritical, fault-finding and unfair conspiracy theorists.

- The Stonegate Standard, October 16, 2005

