

**ON THE VERGE OF BURNOUT**  
*Exodus 18:13-27 // June 22, 2025 AM*

I. The mediator *discharges* his God-given authority unto Israel's peace and purity (vv. 13-20).

II. The mediator *delegates* his God-given authority unto Israel's peace and purity (vv. 21-26).

QUESTIONS FOR FAMILY WORSHIP

1. What is burnout? Should Christians embrace this concept from modern psychology? Why, or why not?
2. What is Moses doing from sunrise to sunset? Why does it concern Jethro so much?
3. As mediator, was Moses primarily called to stand between God and the people or the people and the people? How does this help give clarity to what work Moses must say "no" to and delegate to others?
4. Who does Moses parallel in the church today? How does this account help us to understand the new covenant church?
5. What are the qualifications given for the leaders Moses will appoint? Are the qualifications similar for leaders in the new covenant (see 1 Tim. 3 and Tit. 1)?
6. How does a plurality of godly leaders prevent burnout and lead to the peace and purity of God's people?
7. What else could Israel have done to prevent their leaders from burning out? How does this apply to us today?

QUESTIONS FOR PRIVATE REFLECTION

1. Have I ever experienced burnout or known someone who did? If so, what did I learn from that experience?
2. Do I sometimes think to myself that I don't have enough time? Why is this a wrong way of thinking?
3. How does this account serve as a prophetic shadow of the way Christ leads the church today? What principles can be gleaned from this account that lead to the health and blessedness of the church?