

Discovery Service Order and Message Outline



WELCOME TO CEC..... Pastor Phill
SINGING TOGETHER Crown him with many crowns
PRAYER
SINGING TOGETHER Strength will rise
UPDATES Pastor Phill
SINGING TOGETHER In the Name of the Father (Our God Saves)
Build my life
BIBLE READING Exodus 18:1-27 (Church Bible page 129
MESSAGE Taught by Pastor Phill
SINGING TOGETHER..... God, I look to You



Living by Faith ~8 How to overcome the problem of overload. Exodus 18:1-27

'Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body.' 1 Corinthians 6:19-20 NIV

'Peace of mind makes the body healthy.' Proverbs 14:30 TEV

Step 1. Recognize _____.

'Now Jethro, the priest of Midian and father-in-law of Moses, heard of everything God had done for Moses and for his people Israel, and how the Lord had brought Israel out of Egypt.' Exodus 18:1 NIV

'Jethro, Moses' father-in-law, together with Moses' sons and wife, came to him in the desert, where he was camped near the mountain of God. Jethro had sent word to him, "I, your father-in-law Jethro, am coming to you with your wife and her two sons." So Moses went out to meet his father-in-law and bowed down and kissed him. They greeted each other and then went into the tent.' Exodus 18:5-7 NIV

'Moses told his father-in-law about everything the Lord had done to Pharaoh and the Egyptians for Israel's sake and about all the hardships they had met along the way and how the Lord had saved them.' Exodus 18:8 NIV

'Jethro was delighted to hear about all the good things the Lord had done for Israel in rescuing them from the hand of the Egyptians. He said, "Praise be to the Lord, who rescued you from the hand of the Egyptians and of Pharaoh, and who rescued the people from the hand of the Egyptians. Now I know that the Lord is greater than all other gods, for he did this to those who had treated Israel arrogantly."' Exodus 18:9-11 NIV

'The next day Moses took his seat to serve as judge for the people, and they stood round him from morning till evening. When his father-in-law saw all that Moses was doing for the people, he said, "What is this you are doing for the people? Why do you alone sit as judge, while all these people stand round you from morning till evening?" Moses answered him, "Because the people come to me to seek God's will. Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God's decrees and laws." Moses' father-in-law replied, "What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."' Exodus 18:13-18 NIV

'When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."' Matthew 9:36-38 NIV

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed." Luke 10:41-42 NIV

Step 2. With God's help, _____ and _____.

'If a man does not know how to manage his own household, how will he take care of the church of God?' 1 Timothy 3:5 NIV

'Every branch that does bear fruit, he prunes so that it will be even more fruitful.'
John 15:2 NIV

'Teach them the decrees and laws, and show them the way to live and the duties they are to perform. Select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens. Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied.'" Exodus 18:20-23 NIV

'Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no-one to help him up! Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.' Ecclesiastes 4:9-10, 12 NIV

'Bear one another's burdens, and so fulfil the law of Christ. For each one shall bear his own weight.' Galatians 6:2, 5 NIV

Step 3. Build a _____.

'Six days you shall labour, but on the seventh day you shall rest; even during the ploughing season and harvest you must rest.' Exodus 34:21 NIV

1. _____ **my body.**
2. _____ **my spirit.**
3. _____ **my emotions.**

'The apostles gathered round Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest.'" Mark 6:30-31 NIV

'Moses listened to his father-in-law and did everything he said.' Exodus 18:24 NIV

'Moses was a hundred and twenty years old when he died, yet his eyes were not weak nor his strength gone.' Deuteronomy 34:7 NIV

'I have come that you might have life, and have it more abundantly.' John 10:10 NIV

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.'
Matthew 11:28 NIV



1. There are seven major sources of stress, any one of which can take our physical health down. They are: worry, work, problems, indecision, loss, opposition, and fear. Which ones do you struggle with the most?
2. Read Exodus 18:1-18. Put yourself in Jethro's sandals. What are some of the red flags, both obvious and subtle you could see that point to Moses being overloaded?
3. Read Luke 10:41-42. What is Jesus actually saying here and do His words resonate with you? How might you modernise what Jesus is saying here to someone today?
4. Read 1 Timothy 3:5. Why and how does the family suffer when we are overloaded?
5. Read Exodus 18:20-23. Moses listened to Jethro's advice. How might we help others who are overloaded? See Ecclesiastes 4:9-10, 12, Galatians 6:2 and 5.
6. God wired human beings to require rest. Why do you think so many of us feel guilty when we relax? Discuss ways to overcome our tendency to work, work, work! Knowing that God has placed rest among the Ten Commandments, how important do you think this is to him?
7. In what ways can we build margin in our lives? See Matthew 11:28.

Watch us on



Watch and listen to the message again, or an archived message by going to www.youtube.com/cowplainchurch.