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PRAYER

We praise you and we bless you, Lord God most High. You are our all-sufficient means of grace, our all-powerful ally in times of trial, you are our all-knowing guide on the journey of life, and you are our all-important guest at every meal and special family event. We praise you and we bless you. In Jesus' name, Amen.

- [Paul H Ashby, *Prayer and Study of Exodus 18:13-27*](#)

WARM UP

(OPTIONAL)

What is something that you hope the next generation will learn from you?

NOTES

WORD

¹³ The next day Moses sat to judge the people, and the people stood around Moses from morning till evening. ¹⁴ When Moses' father-in-law saw all that he was doing for the people, he said, "What is this that you are doing for the people? Why do you sit alone, and all the people stand around you from morning till evening?" ¹⁵ And Moses said to his father-in-law, "Because the people come to me to inquire of God; ¹⁶ when they have a dispute, they come to me and I decide between one person and another, and I make them know the statutes of God and his laws." ¹⁷ Moses' father-in-law said to him, "What you are doing is not good. ¹⁸ You and the people with you will certainly wear yourselves out, for the thing is too heavy for you. You are not able to do it alone. ¹⁹ Now obey my voice; I will give you advice, and God be with you! You shall represent the people before God and bring their cases to God, ²⁰ and you shall warn them about the statutes and the laws, and make them know the way in which they must walk and what they must do. ²¹ Moreover, look for able men from all the people, men who fear God, who are trustworthy and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens. ²² And let them judge the people at all times. Every great matter they shall bring to you, but any small matter they shall decide themselves. So it will be easier for you, and they will bear the burden with you. ²³ If you do this, God will direct you, you will be able to endure, and all this people also will go to their place in peace."

²⁴ So Moses listened to the voice of his father-in-law and did all that he had said.

²⁵ Moses chose able men out of all Israel and made them heads over the people, chiefs of thousands, of hundreds, of fifties, and of tens. ²⁶ And they judged the people at all times. Any hard case they brought to Moses, but any small matter they decided themselves.

²⁷ Then Moses let his father-in-law depart, and he went away to his own country.

EXODUS 18:13-27

"One of the ways to recognize narcissism within ourselves is to notice when we have not yet accepted the field or the sphere of action that God has given us—the opportunities and the limits of life in this body, this community, this set of relationships, this financial situation, this place where we have been called by God to serve. Narcissistic leaders always look longingly at someone else's field as somehow more worthy or more indicative of success. They are always pushing the limits of their situation, rather than lovingly working the field they have been given.

When we refuse to live within limits, we refuse to live with a basic reality of human existence. There is a finiteness to what we can do in our bodies, a finiteness to how many relationships we can meaningfully engage in at one time, a finiteness to time, to how many hours there are in a day or a week, and to how much can be accomplished

in those blocks of time. There is finiteness to our energy. There are times when we are tired, sick, or injured. These are times when we are reminded that we are finite human beings living in the presence of an infinite God. God is the one who can be all things to all people, the one who can be in all places at once, the one who never sleeps."

- Ruth Haley Barton, *Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1-10 (1 = not at all; 10 = extremely), how easy do you find it to ask for help from other people? Why have you rated yourself this way?
2. Do you know your limitations in all areas in your life? Or do you have a tendency to push past your limitations and hide the fact that you may be in need of assistance?
3. Have you ever experienced burnout because of an unwillingness to live within your limits? If so, what do you think might need to change?
4. Who do you trust in your circle of friends, beyond your household, when you are feeling weak?
5. If you are not yet a follower of Jesus, would you be willing to acknowledge him as your God, enable him to have all authority as the one who calls the shots in your life, and as the God who loves you? Would you like to enter into a saving relationship with God through Jesus?

Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer:

Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to be the master of my life. I want to trust and follow You as my Lord and Saviour. I declare that I am Yours, and You are mine, In Jesus name, Amen.