

# When Your Output Exceeds Your Intake.

## SUMMARY

We are men. We are business owners. We are involved with our clients, vendors, employees, families, our homes and our churches — life is fast-paced and there's a lot going on. Do you ever feel like you're struggling to keep it all together...and yet from the outside everyone thinks you're calm, cool and collected? Dr. Bob Reccord will share a few words of wisdom with us on God's view of this pace, and what can be done to fix it, before our output exceeds our intake, and our upkeep becomes our downfall.

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## SCRIPTURES

*He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

— *Psalms 46:10*

*For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.*

— *Jeremiah 29:11*

*Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes*

— *Psalms 37:7*

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## QUESTIONS FOR TABLE DISCUSSION:

1. Why is it that we confuse "Activity" with "Results," and as a result find ourselves far too busy?
2. Do you set time aside in your schedule to Reflect, Refuel, Repair and Recharge? If not, what can you change in the next 90 days to work this valuable time in?
3. When things "go south" for you in circumstances at work or home do you find it easy to ask the wrong questions (the WHY questions)?

How would your perspective and direction change if you instead asked...

- a. God, what do you need me to learn in this set of circumstances?
  - b. God, what do you need to change in me in this set of circumstances?
4. Do you struggle when your "showroom" (the public/external part of your life) and your "warehouse" (the private/internal part of your life) are out of alignment? Why is that? And how do we get trapped into "image management" when it happens?

### **Additional Questions to Ponder this Week:**

*Do I allow myself times of regular solitude and rest? If not, how and when will I begin?*

*Am I having regular, consistent time with the Lord for Him simply to speak to me for my growth, and not just for me to prepare for some responsibility?*

*Does my wife feel we are really close, or does she sometimes feel like the business is my mistress?*

*Am I regularly praying with my wife about our family and the business?*

*Am I keeping my body physically fit with some type of regular exercise?*

*Does my current schedule allow for me to respond to the unexpected?*

*Am I faithful in my attendance to Iron Forums knowing that other guys are depending on me?*

*Could it be that my need to be constantly busy reveals either an insecurity or a pride within me?*

*Am I comfortable using the word “NO”???*

*Let's practice it now! :-)*

- *Have I identified the activities and people that drain me—and put a limit on them?*
- *Can I spend the next 10-20 years living at the pace of the last 5?*
- *Who have I invited to give me feedback when they see signs of burnout in me?*
- *Can I admit this may be a lifelong battle—and that it is not God's best for me?*

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### **Helpful Further Reading (all available through Amazon)**

ORDERING YOUR PRIVATE WORLD by Gordon MacDonald

LEAD LIKE JESUS by Ken Blanchard and Phil Hodges

LEADING ON EMPTY by Wayne Cordeiro

REPLENISH by Lance Witt (for ministry leaders, but applicable to business)

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### **A Few Notes about Dr. Bob Reccord**

Bob was formerly a business executive who provided services to automotive, aircraft and computer industries. He became very involved in Promise Keepers and has spoken to over 300,000 men in Promise Keepers, business settings, churches and conferences. Bob enjoys life coaching, and has written 8 books. In his spare time, Bob is an avid hunter (with experience hunting on 3 continents), golfer and reader. Bob and his wife, Cheryl have 3 grown kids and 7 grandkids! You can reach him at [Bob@bobreccord.com](mailto:Bob@bobreccord.com) and [www.totallifeimpact.com](http://www.totallifeimpact.com)