“Don’t burn out on me!”

December 17th, 2010

"Don’t burn out on me!" I can still hear him saying those words as he stood in my office talking with me on one of the many occasions we had to spend time together. They were words of genuine concern. Heartfelt words from someone who cared for my well-being. Those words from the late David Armstrong, my friend, meant more to me than he may have realized at the time.

Faith in God, family and job (in that order). Core values of a great company, Armstrong International.

I would hear those words again, ringing in my ears as I boarded a plane for California in July, 2010. I heard them again on another flight to Florida a couple of days later. “Don’t burn out on me.”

You know the drill if you have flown very much. You rush to the airport, nervously hope you make it through security without being strip searched. There are lines and lines of rushing people. You get to the gate and hopefully find a seat and a plug-in for your computer so you can check your emails. (This was before my I-phone that practically makes dinner for you.)

You know, the seat numbers are assigned, so why is there always a big rush to get in line first?

Finally, you find your seat, politely asking the lady who is sitting there if she has read her seat number properly? "Oh goodness me, my dear! I am so sorry! Let me move and have a nice day." (I actually cleaned this up! It is a devotional after all.)

Oh yes! Finally, I can relax for the 6-hour flight.

Then, just as you are ready to nod off waiting for the people around you to shove their oversized bags into the overhead compartments so the flight can
take off, the Flight Attendant begins her announcements. You've heard them a thousand times, why pay attention now?

"Good morning, ladies and gentlemen and welcome aboard flight ___ with service to ___ by way of ___, ___, ___, and ___. The captain has estimated our 6-hour flying time to be around 8-1/2 hours due to an approaching storm front. We will be serving beverages in the cabin shortly after takeoff. This is a non-smoking flight and anyone caught smoking will be asked to leave the plane. (Now that should be interesting at 26,000 feet) In case of emergency and loss of pressure in the cabin, oxygen masks will drop down from overhead. Please put your mask on before helping small children or the elderly who are now turning blue."

It is at that time that the words from my friend began to ring in my ears again. "Don't burn out on me." Put your mask on first before helping someone else.

In these troubled times we live in, regardless of if you are at home or on the job, the stress of life can begin to burn you out. You end up with a short wick that only smolders instead of burning brightly. Demands can build up. Expectations can be overwhelming. Goals, meetings, forecasts must be filled and accomplished.

Then, you hear those words again. "Don't burn out on me." From friends? How about from God Himself?

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." Matthew 11:28–30

Will you be any good for anyone if you burn out and become overwhelmed? To be productive for God, for yourself, your family, and your work, you must take the burdens of life and give them to Jesus. Only He can truly handle them, not you.
God didn't create you to be superman or superwoman. With God leading you and you resting in Him, you will do extraordinary things.

Thank you David Armstrong for always looking out for me!