

Burning in the Spirit

In Joseph Mattera's book, *The Jesus Principles* (available [here at a 50% discount](#)), he asks seven questions to help readers determine if their walk with God is fully directed or set adrift. Because I feel the book makes a powerful impact on living and working in the presence of the Lord, I felt it important to review Mattera's questions in serial format for readers and podcast listeners of *Greenelines*. This is part two in the series. For part one, [click here](#).

I submitted a theme in an English Composition class one day in which I described watching a house burn down. I received a Pavlovian reward in the form of an A, but a question my teacher posed disturbed me:

"Does a house burn up or burn down?"

That question burned me up for years. I certainly never wrote the phrase again until now. But the word-choice challenge did prepare me to consider other similar quandaries: write down or write up, beat up or beat down, tear up or tear down?

Mattera posed a second question about drifting through life in his book *Jesus Principles*: "Are you suffering burnout?"

The Mayo Clinic describes burnout with a non-medical description: "Job burnout is a special type of work-related stress—a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity." The clinic offers the following list to consider:

- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started?
- Have you become irritable or impatient with co-workers,

customers or clients?

- Do you lack the energy to be consistently productive?
- Do you find it hard to concentrate?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?

Prayerfully consider these questions, and check back here tomorrow for more help in keeping the Spirit burning—in life and in work. Click [here](#) to purchase Joseph Mattera's book *The Jesus Principles*, on sale now for 50% off. {eoa}

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