

# Sacredly Written Sermon Notes

Capturing Heaven's Downloads, One Message at a Time

Rock City Church | Pastor Darius | July 6, 2025  
Message Title: "You Doing Too Much"

Neffeteria Williams [www.sacredlywritten.com](http://www.sacredlywritten.com)

## Scripture Focus

### John 4:1–6 (NIV)

**1** Now Jesus learned that the Pharisees had heard that he was gaining and baptizing more disciples than John— **2** although in fact it was not Jesus who baptized, but his disciples. **3** So he left Judea and went back once more to Galilee. **4** Now he had to go through Samaria. **5** So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. **6** Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

## Sermon Summary

**"You're Doing Too Much"** is a powerful reminder that busyness can be a spiritual weapon of distraction, causing us to miss out on God's best by overcompensating, overcommitting, and running on empty. True healing and breakthrough come when we stop striving, confront our emptiness, and choose to drink from the well that never runs dry.

## Revelation

- **"Sometimes you have to break before you break."**
  - A warning: if you don't **intentionally pause**, life will eventually **force you to**.
  - This isn't a call to weakness—this is **spiritual wisdom** about burnout and internal exhaustion.
- **"If the devil cannot make you bad, he will make you busy."**
  - Some of us are **too busy to get better**.
  - Don't let *busy* block your **breakthrough**.
- **Put Bible on it:**
  - "Seek first the Kingdom of God and His righteousness, and all these things will be added unto you."*
  - I don't have to **strive**—I just need to **stride**.
  - When I put God first, I don't have to **chase** stuff—**stuff chases me**.
  - Whatever God has for me, **is for me**—I don't have to **manipulate, control, or force it**.

## Signs You're Doing Too Much

- When people say “**you're doing too much**,” they usually mean:
  - You're overreacting.
  - You're being dramatic.
  - You're trying too hard to get someone's attention.
  - You're being extra.
- **Doing too much looks like:**
  - Overworking → leaving work exhausted.
  - Overcommitting → frustrated in a relationship.
  - Overreacting → leaving conflict disappointed.
- ⚠️ **Chronic burnout** is real:
  - Tired in **body and soul**.
  - Doing too much to be **noticed** and **needed** only leads to feeling **empty**.

## Addicted to Attention

- **There are many types of addiction.**  
One we don't talk about enough?  
→ People addicted to **attention**: the need for **likes, validation, or applause**.
- **Live for the audience of God.**
  - “You don't have to like me. God will put my name on the mind of the right people.”
  - Everyone doesn't have to like you—just the **right ones**.

## Spiritual Emptiness

- **Quote from Jesus (Matthew 12:43–45):**  
Even if you **clean the house** (your life) and **cast out demons**,  
→ If it remains **empty**, the demon returns with **seven more**, and the **state becomes worse**.
- You may:
  - Clean the house (life).
  - Get things in order.
  - But if you don't **fill it**—you're vulnerable.
- **“I need a refill.”**  
→ Fill my heart and mind with **Your Word**, God.
- The enemy looks for:
  - Saved people with **dry attitudes**.
  - Dry **dreams**.
  - Dry **prayer life**.
  - Dry **praise and worship**.
- **Ask yourself:**  
→ Are you drinking from the **well that never runs dry**?

## Spiritual Maturity

- **Galatians 4:1–2 – 1** What I am saying is that as long as an heir is underage, he is no different from a slave, although he owns the whole estate.  
**2** The heir is subject to guardians and trustees until the time set by his father.
  - The moment you are saved, you become a **joint heir with Christ**.  
But **spiritual inheritance requires maturity**.
- **“The enemy is not intimidated by your title.”**
  - He’s not scared of you being saved.
  - Some blessings don’t come until you **grow up**.
  - You can’t just **pray** or **shout** into maturity—you have to **grow into it**.
- “Even though you’re saved, you’re not saved strong.”
- You begin to:
  - Fill your heart with **substitutes**, not the **source**.
  - Do the right things, but for the **wrong reasons** (motives, approval).

## Unhealthy Motives & Broken Perspectives

- **Pain doesn’t always look like pain.**
  - Sometimes it looks like an **ambition** God didn’t give.
  - Or a **perspective** born of rejection, not revelation.
- “Just because you say ‘I do’ doesn’t mean it will fix what’s wrong with you.”
- We jump in and out of relationships trying to fill a void **only God** can fill.

## The Woman at The Well

- John 4:4–28 NIV
- Jesus **had to go through Samaria**.
- He **met her in the middle of her shame**—noon was the hottest time; she was avoiding others.
- In that culture, **Jewish men didn’t speak to Samaritan women**.
  - But Jesus asked her for **natural water** while offering her **living water**.
- “If only she knew she was at the right place, at the right time, with the right person...”

## Prophectic Breakthrough

- **John 4:18** – “The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.”
  - He called out her past.
- “You’ve had five husbands, and the one you’re with now is not your husband.”
- **Half-truths get you half-healed.**

- “You can’t heal what you keep choosing to hide.”
- God loves you **at your worst**.
- He needs you to **tell Him what’s really going on**.
- **Confession** is healing for the soul.
- The longer you hold onto it, the more it **hardens your heart**.

## She Left The Jar at The Well

- **John 4:28** – “Then, leaving her water jar, the woman went back to the town and said to the people,”
- She left the jar.
  - She left what she had been **carrying**.
- What do you need to **leave behind**?
  - Shame
  - Secrets
  - Cycles
  - Self-sufficiency

## Restoration & Responsibility

- What you used to run from, you now run to.
- You’re no longer afraid of confrontation.
- “Stop focusing on who I used to be. Come see a man...”
- Jesus changed one person, and that person brought revival to an entire village.

Who are you going back to tell about God?

## Systems & The Orphan Spirit

- “Doing too much is the **system**—but the **orphan spirit** is the source.”
- Many of us live like:
  - We don’t have a loving Father.
  - We are responsible for **everything** ourselves.
  - It’s all on **us**.
- The truth is:
  - **Stop living by force—jump in the river of favor.**

## Healing From the Orphan Spirit & Freedom From Striving/Doing too Much

1. **Confess where you're empty.**  
→ Healing starts with honesty.
2. **Stop pretending certain wells still work.**  
→ You'll never be filled by things that weren't built to sustain you.
3. **Confront what you've been hiding.**  
→ You can't conquer what you're not willing to confront.
4. **Commit to leave your jar behind.**  
→ You may need to break up with the life you thought you wanted.

## Reflection Questions

1. Where in my life am I doing too much?
2. Am I striving to be seen, validated, or needed in ways that leave me spiritually or emotionally empty?
3. Have I confused activity with alignment?
4. Is my busyness distracting me from the presence and direction of God?
5. What are the signs in my life that I might be spiritually dry? (Dry attitude, dry prayer life, lack of passion in worship, etc.)
6. What am I carrying that I need to leave at the well?
7. Is there guilt, shame, a false identity, or an unhealthy relationship I've been dragging around?
8. Do I have any emotional or spiritual substitutes in my life?
9. Am I replacing God with people, achievements, or approval?
10. Am I addicted to attention, applause, or affirmation?
11. How has this shaped my decisions or distorted my identity?
12. Have I been living like an orphan instead of a daughter of the King?
13. What would it look like for me to fully trust God as my loving Father?
14. Where do I need to confess and be honest with God?
15. What have I been hiding that needs to be surrendered for healing?
16. Who needs to hear my story of transformation?
17. Am I willing to go back and tell someone, "Come see a man"?
18. Am I drinking from the well that never runs dry—or relying on broken cisterns?
19. How can I prioritize spiritual refilling in this season?

## Personal Reflection

Sometimes we don't realize just how *dry* our soul has become until a word like this pulls the curtain back. Not dry in salvation. Not dry in gifting. But dry in spirit. Dry in praise. Dry in prayer. And yet... still *doing*. Still showing up. Still striving. Still serving. Still overcommitting, thinking it's obedience when it's really overcompensation. This sermon was an holy interruption.

*"If the devil can't make you bad, he'll make you busy."* Well I'll be! Never thought of it like that. But if you think about it, it's true. Because so often we're applauded for doing too much. We get rewarded for burnout. Celebrated for exhaustion. But the Kingdom doesn't operate like the world. In the Kingdom, God says, "Seek Me first... and I'll add the rest."

This message reminded me that striving is not the goal—*striding* with God is. Favor flows, it doesn't have to be forced. And if I'm really honest, I've been carrying a few jars of my own... jars I need to leave at the well. Jars of fear, performance, old expectations, and the need to prove something that God already affirmed.

I'm learning to rest. To refill. To stop substituting doing for dwelling. And to **let go of what I thought I had to carry** in order to receive what God's trying to pour.