

Message Notes for July 26, 2020

Message Title: What's involved to avoid burnout and be emotionally balanced?

Mistake: *When we focus on our feelings rather than facts*

Mistake: *When we compare ourselves to others*

Remedy: *Rest Your Body*

Remedy: *Release Your Frustrations*

Mistake: *Blaming _____ for things
that are not our _____.*

He answered, "Lord God All-Powerful, I've always done my best to obey you. But your people have broken their solemn promise to you.

I Kings 19:10a CEV

When you start trying to assume responsibility for other people
you are going to get _____.

You can be responsible _____ someone
without being responsible _____ someone.

When you take responsibility _____ someone
you are basically taking it _____ from them.

Remedy: Refocus on God

The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.”

I Kings 19:11a NIV

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

I Kings 19:11b-12 NIV