

Message Notes for July 19, 2020

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

Mistake: When we focus on our feelings rather than facts

Remedy: Rest Your Body

"Take my life; I am no better than my ancestors."

I Kings 19:4d NIV

Mistake: When we compare ourselves to others

Relevant Question: How do you get motivated for the things
you know are important in life?

I can do all things through Christ who strengthens me.

Philippians 4:13 NKJV

Remedy: Release Your Frustrations

He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb. When he got there, he crawled into a cave and went to sleep. Then the word of God came to him: "So Elijah, what are you doing here?"

I Kings 19:8-9 MES

"I have worked very hard for the Lord God of the heavens; but the people of Israel have broken their covenant with you and torn down your altars and killed your prophets, and only I am left; and now they are trying to kill me too."

I Kings 19:10 LIV