

Message Notes for August 9, 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

Mistake: Blaming ourselves for things that are not our fault

Remedy: Rest Your Body

Remedy: Release Your Frustrations

Remedy: Refocus on God

Mistake: Exaggerate the _____

I am the only one left, and now they are trying to kill me too. I Kings 19:10c NIV

Remedy: _____ Your Life

Then the Lord said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram.

I Kings 19:15 NRSV