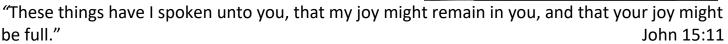
Series: ELEVATE: How to Deal with How You Feel

Title: DRAINED: Dealing with Burn Out

Text: "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye

shall find rest unto your souls." Matthew 11:29

Memory Verse:



"But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers."

1 Kings 19:4

"For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise."

2 Corinthians 10:12

- Run your race, not Paul's!

III) Get a Fresh _____

"But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers...And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake:And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice."

1 Kings 19:4, 10-12

"The lig light."	ht of the body is the eye: if the	refore thine eye be single, thy whole body s	shall be full of Matthew 6:22
IV)	Take a	•	
	he lay and slept under a junip	er tree, behold, then an angel touched him,	, and said unto 1 Kings 19:5
	• • • •	rselves apart into a desert place, and rest a nd they had no leisure so much as to eat."	while: for Mark 6:31
V)	V	vith God.	
	e came thither unto a cave, and d he said unto him, What does	d lodged there; and, behold, the word of the t thou here, Elijah?"	e Lord came to 1 Kings 19:9
and sha spake Je	II leave me alone: and yet I am	come, that ye shall be scattered, every man not alone, because the Father is with me eaven, and said, Father, the hour is come;	.These words
VI)	to (God.	
have fol and I, ev Go, retu be king	rsaken thy covenant, thrown d ven I only, am left; and they se Irn on thy way to the wildernes over Syria: And Jehu the son of	for the LORD God of hosts: because the child own thine altars, and slain thy prophets win ek my life, to take it away. And the LORD said as of Damascus: and when thou comest, and In Nimshi shalt thou anoint to be king over Is wolah shalt thou anoint to be prophet in thy i	th the sword; id unto him, oint Hazael to srael: and
Conclus	sion:		J
Beating	Burn Out Means Letting	Carry Your Stress	
Novt St	anc.		

- Memorize John 15:11
- Become A Follower of Jesus
- Choose Today to Take Time to Rest Each Day.

ELEVATE: How to Deal with How You Feel Sunday, April 7, 2024

You are invited to attend next week as we continue our BRAND NEW preaching series with the message:

DESPARATION: Dealing with Feeling Afraid

