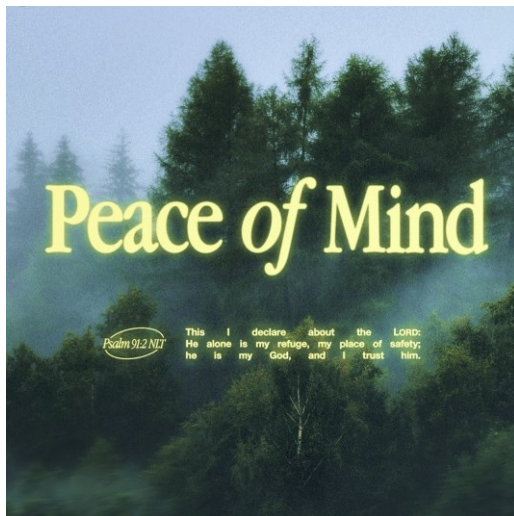


Peace of Mind



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Sometimes the most _____ thing you can do is rest.

- Don't let your _____ bully your _____ .

The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." 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. (1 Kings 19:11-12)

- If you will _____,
God will speak to you in the ordinary moments.
- God whispers because _____.

Part 6: Beating Burnout

More than half of all workers feel burned out as a result of their job demands.

Difference Between Stress and Burnout

- **Stress is generally short-lived and related to a temporary project or event.**
- **Burnout is chronic stress that feels never-ending.**

When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it, and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep." (1 Kings 19:3-5)

Common Mistakes

1. We run ourselves _____

Elijah was afraid and ran for his life. (1 Kings 19:3)

2. We try to do it _____

When he came to Beersheba in Judah, he left his servant there.
(1 Kings 19:3)

3. We dwell on _____

"I've had enough, Lord," he said. "Take my life; I am no better than my ancestors." (1 Kings 19:4)

Encountering God

All at once an angel touched him. He said, "'Get up and eat.' He looked around, and there by his head was some bread baked over hot coals and a jar of water. He ate and drank and then lay down again. (1 Kings 19:5-6)