

# **WE'RE HERE FOR YOU.**

Text us anytime:

Text **502-717-1783**

- **CHAT** (text with a pastor)
- **PRAYER** (submit a prayer request)
- **RESOURCES** (list of professional next steps)
- **LISTEN** (schedule an in-person conversation)



# LET'S TALK ABOUT MENTAL HEALTH

— SEASON THREE —



“Elijah was afraid and fled for his life”.  
1 Kings 19:3 NLT



“When Elijah saw how things were, he ran for dear life.”  
1 Kings 19:3 MSG



# FIVE SYMPTOMS OF BURNOUT

1. Decreased job performance
2. Cynicism about your job
3. Headaches or stomach aches
4. Reduced creativity
5. Chronic exhaustion



# CONSEQUENCES OF BURNOUT

- God feels distant
- People we are closest to feel distant
- We lose sight of our dreams
- We spend our days on the urgent instead of the important



# CONSEQUENCES OF BURNOUT

- We are always behind, playing catch up, never done.
- There's an undercurrent of something that just doesn't feel right that never goes away.
- We become easy targets of our temptations.



# **QUESTION FROM THE YOUTHS**

“How can I trust that whoever is in the pulpit lives the life they say they do?”



**“HAD JESUS NOT PULLED HIS DISCIPLES  
AWAY TO REST, THEY WOULD HAVE EITHER:**

1. Died of exhaustion
2. Quit following Him
3. Ended up addicted to their work.

**THREE VERY REAL TEMPTATIONS WE FACE.”**



“Sabbath and Daily Office are groundbreaking,  
countercultural acts against Western Culture.  
They are powerful declarations about God, ourselves,  
our relationships, our beliefs, and our values.”

**- PETE SCAZZERO**



## **SABBATH:**

A Hebrew word (Shabbat) that means “to stop”

## **DAILY OFFICE:**

The rhythm of turning to God to simply be with Him



## **TEN COMMANDMENTS** - *Exodus 20:1-17*

1. You shall have no other Gods before Me.
2. You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.
3. You shall not misuse the name of the Lord your God.



## **TEN COMMANDMENTS** - *Exodus 20:1-17*

4. Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord our God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.



## **TEN COMMANDMENTS** - *Exodus 20:1-17*

5. Honor your father and mother.

6. You shall not murder.

7. You shall not commit adultery.

8. You shall not steal.

9. You shall not give false testimony against your neighbor.

10. You shall not covet.



Sabbath is not about us and what we get out of it.  
Sabbath is about slowing down long enough  
to allow God to transform us.



# 1. Stop



“I am not supposed to be accessible to all people  
100% of the time.”



Our emotional health can improve when we learn  
to STOP doing and just BE with God.





1. Stop

2. Rest



## GENESIS 2:2-3

On the seventh day, God had finished His work of creation, so He rested from all His work. And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation.



# CONSIDER RESTING FROM:

- Work
- Hurriedness
- Multitasking
- Competitiveness
- Worry
- Decision Making
- Catching up on errands
- Talking
- Technology



When we accomplish nothing, God still loves us.

What we have determined to be “nothing” is actually quite important in God’s eyes. Simply existing in the spaces and places where God has us, resting IN Him is all He asks of us on our Sabbath.





1. Stop

2. Rest

**3. Delight**



# **SABBATH DELIGHT IS FOUND BY:**

- Moving your body
- Setting boundaries
- Nourishing our bodies with good food
- Enjoying God's creation all around us
- Appreciating the people in our lives
- Learning a new skill or gaining new knowledge





1. Stop

2. Rest

3. Delight

**4. Contemplate**



# BENEFITS OF BIBLICAL SABBATH

- We are reminded that our worth isn't based on what we produce
- We have more time to connect with people who fill us up
- We experience a sense of calm the other six days of the week
- We become more dependent on God in the everyday things