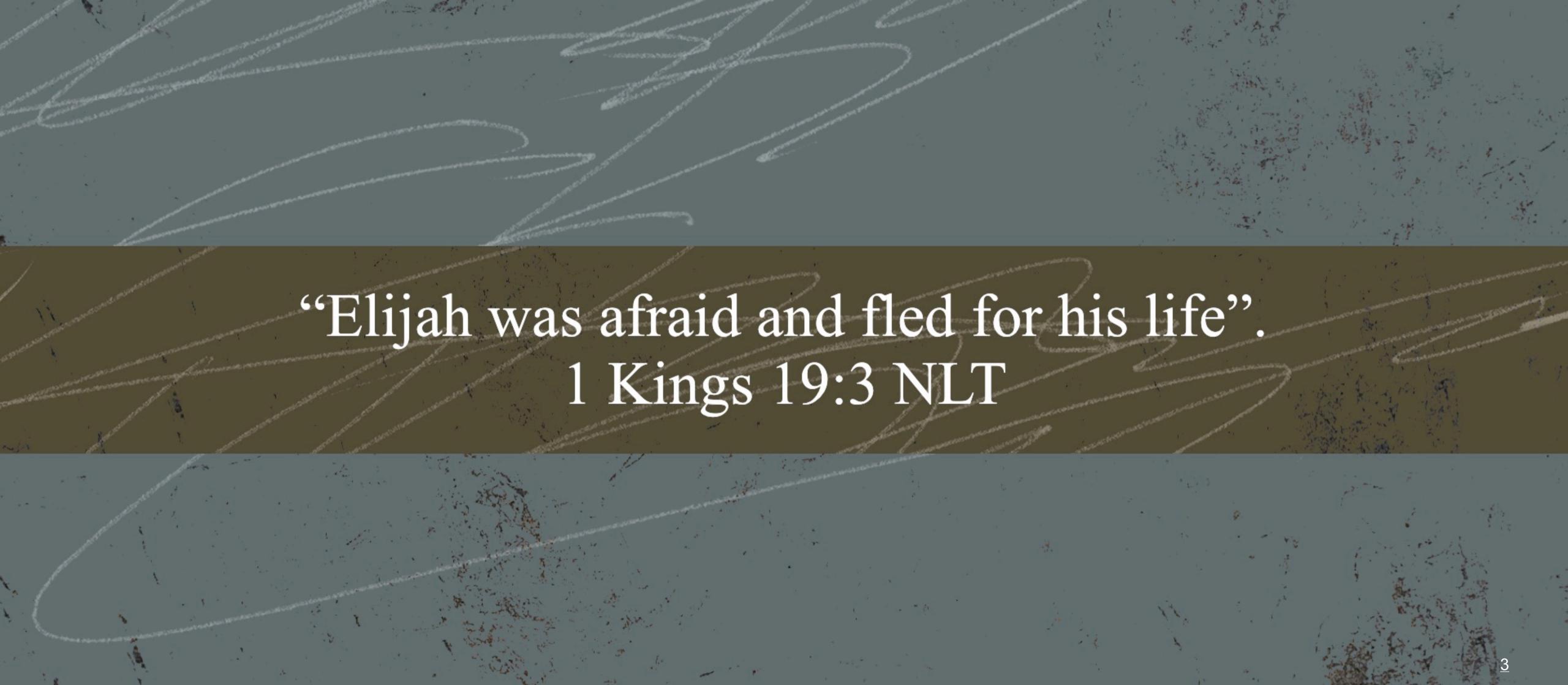
# WE'RE HERE FOR YOU.

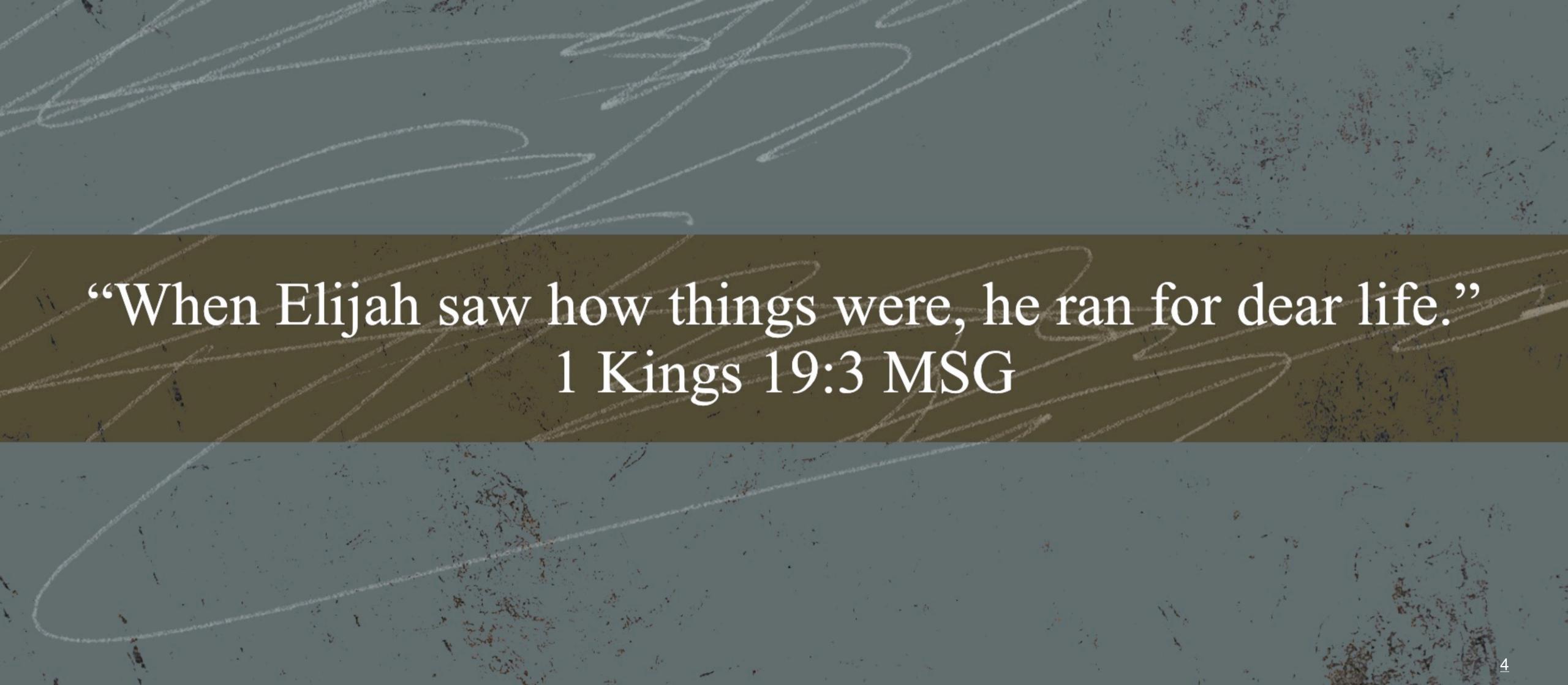
Text us anytime:

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 ——





#### FIVE SYMPTOMS OF BURNOUT

- 1. Decreased job performance
- 2. Cynicism about your job
- 3. Headaches or stomach aches
- 4. Reduced creativity werens + topoloss 17 2009
- 5. Chronic exhaustion

#### CONSEQUENCES OF BURNOUT

- God feels distant workings + topoloss. It tops
- People we are closest to feel distant
- We lose sight of our dreams
- We spend our days on the urgent instead of the important

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#### 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:

Result too. I do osh / Mutter

- 1. Died of exhaustion me poque of circultones its Ceguns
- 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." you par some mile Beriefe Have 1914 a Per PETE SCAZZERO

Haugood you have to It haves, Brown of wolfiless of topeless. It to see that others to come of the circulations of the come of

werelftally is that to Explain. It's like a precess throw her you are to

The SABBATH: do TITT DUS THE MUHEL YOU CONT FIND Sil Anymer A Hebrew word (Shabbat) that means "to stop" Regardente pres do many things some propose are cired, to other its Cothers TIMEDAILY OFFICE: Y , It DOS IN MUHE C. YOU come Find Sil Anymor The rhythm of turning to God to simply be with Him

# Haugard you have to the server of the comes to come to come

- 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

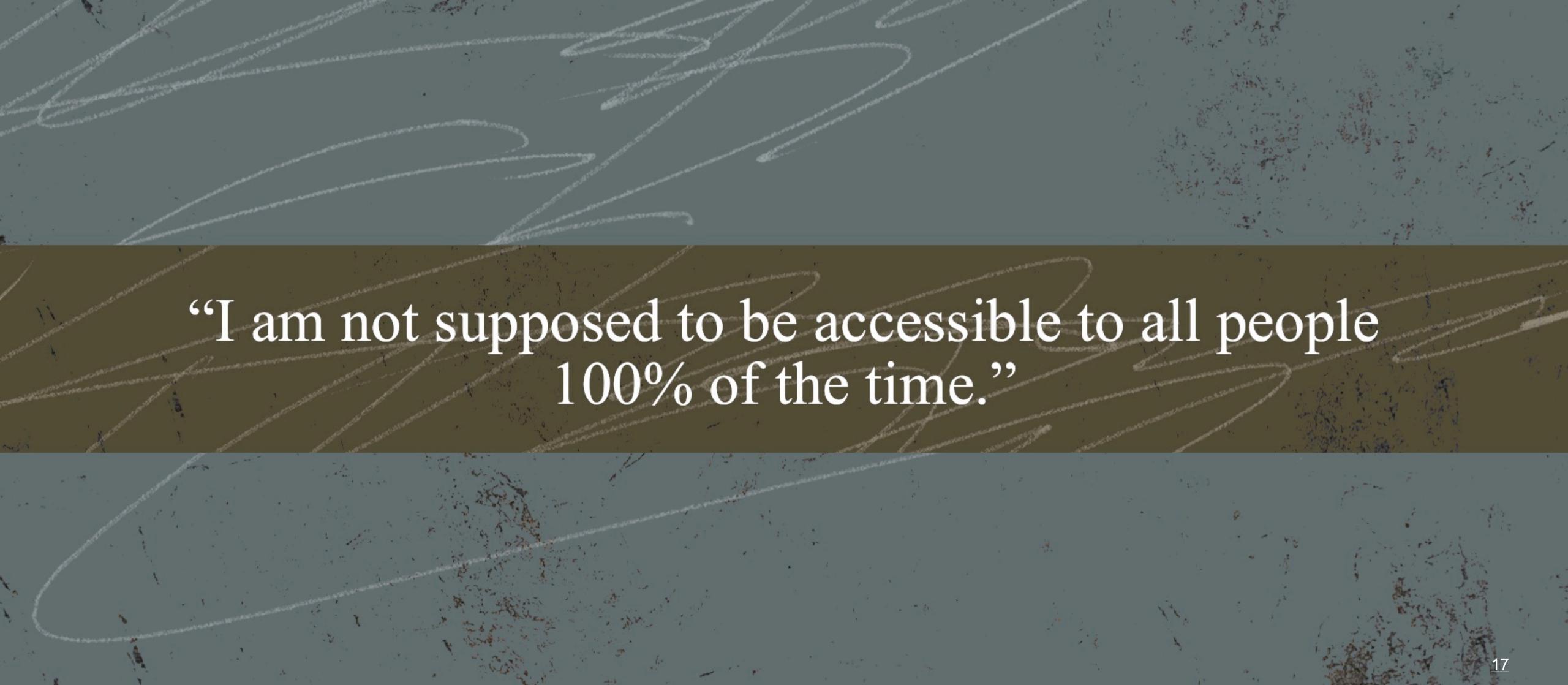
4. Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord our God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in 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. I seek them to you want to you and the said said Any me
- 6. You shall not murder. Really how I do shy Mutter
- 7. You shall not commit adultery. The commit adultery.
- 8. You shall not steal. The create present that they you are the
- 9. You shall not give false testimony against your neighbor. It have grown to welfuless to the less. It to see 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.





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



#### **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 many ming Hallh 15 Hard to Explain. It's circa piscesse Itran trangen area to

- Decision Making
- Catching up on errands
- -Talking von com Find Six Any
- -Technology topeless 77 2009 ou crecing, to other 186 Leghan

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. 1441-035 + + 6000loss. I7 40-54

22



#### SABBATH DELIGHT IS FOUND BY:

- is you was doing I I DUS M MUMBEL. YOU come Find Sil Any. - 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

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#### BENEFITS OF BIBLICAL SABBATH

- We are reminded that our worth isn't based on what we produce a Resin Loo I do oshi Mutter
- 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 niver grown of wolfriess & the peless. It 200
- We become more dependent on God in the everyday things