

Answers for the Stress and Strains of Life The Cure for an Overloaded Life

1. _____

Key: Pay attention _____

- Physical
- Emotional
- Mental
- Relational
- Spiritual

Luke 5:16 *But Jesus often withdrew to the wilderness for prayer.*

2. Intentionally fight against _____

Key: Create a _____

Exodus 18:2 *After Moses had sent away his wife Zipporah, his father-in-law Jethro received her.*

Exodus 18:17-18 *What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.*

3. Do less and _____

2 Chronicles 14:11 *Asa prayed: LORD God, only you can help a powerless army defeat a stronger one. So we depend on you to help us. We will fight against this powerful army to honor your name, and we know that you won't be defeated. You are the LORD our God.*

2 Chronicles 16:7 *Soon after that happened, Hanani the prophet went to Asa and said: You depended on the king of Syria instead of depending on the LORD your God. And so, you will never defeat the Syrian army.*

- a) Acknowledge what's _____
- b) _____
- c) _____ you see anything

Physical pain: Extreme fatigue, muscle tension, weight loss or gain, ulcers, migraines, lower activity levels, aches, pains, trouble sleeping

Emotional pain: Over reacting, under reacting, unmotivated, paralyzed by decisions, no joy, easily irritated, feelings of inadequacy, negativity, meaninglessness, feel trapped, feel hopeless, resentful, imitation not innovation, feel all alone, depressed

Mental pain: Learning nothing new, no time or energy to read or learn, loss of creativity, difficulty making decisions, escapist thoughts & behavior, hard to concentrate

Relational pain: Marriage is growing cold, spouse is upset and you know it, no regular date time with spouse/partner, little or no time for your children, no time to spend with close friends

Spiritual pain: God feels distant, materialistic things become all consuming, worship seems pointless, prayer is meaningless, no joy, no contentment, life feels "blah", often find yourself complaining, temptation seems unbeatable, no peace of mind, impatient, no desire to serve God or others, don't see God at work

My Stop Doing List:

Use these questions to create your list:

1. **Are you deeply passionate about it?**
2. **Do you feel you're 'made to do' it?**
3. **Can you make a living at it?**

If the answers come up *meh, just kinda*, and ... *no* to – then you might want stop doing it. (Jim Collins)