

HOPE

The Difference Maker

Psalm 31:24

Week 4

- I. Refuse to Go it Alone - Ecclesiastes 4:9,10
 - A. Healthy Stress requires:
 1. Controls
 2. Challenges
 3. Support
 - B. Five Godly People We All Need:
 1. Vision Stretchers - Prov. 29:18
 2. Soul Sharpeners - Prov. 27:17
 3. Models and Mentors - I Cor. 11:1
 4. Heart Healers - I Sam. 20:17
 5. Tail Kickers - Prov. 27:6
- II. Replace Burnout with Balance - Mark 1:35
 - A. Questions to ask before it is too late:
 1. Is my pace of life out of control?
 2. Am I running on empty?
 3. Am I dropping the right balls?
 4. Have I stopped believing I am invincible?
 5. When I relax do I feel guilty?
 6. Do I understand that God makes a big deal of this?
 7. Am I putting first things first?