

## MY NEXT STEP TODAY IS:

- I will memorize **Psalm 138:3 (LB)**
- I will accept Christ for the first time
- I will join the New Life church family
- I will sign up for the next baptism
- I will have a quiet time with God
- I will ask God, "What do you want me to learn?"

Join us next week as we start our  
new sermon series:  
**How to Keep Your Tank Filled Instead of  
Running on Empty**

Join us on our **Prayer Line** by calling  
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# What to Do When You're Emotionally Worn Out

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## WHAT TO REMEMBER...

### 1. CHANGE IS \_\_\_\_\_.

*"As long as the earth remains, there will be springtime and harvest, cold and heat, winter and summer, day and night."* **Genesis 8:22 (NLT)**

- ✓ There is no growth without change
- ✓ There is no change without loss
- ✓ There is no loss without grief
- ✓ There is no grief without pain

### 2. EVERY CHANGE IS ALWAYS A \_\_\_\_\_ OF MY FAITH!

*"These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world."*

**1 Peter 1:7 (NLT)**

*"Endurance builds character and character produces hope."* **Romans 5:4 (ESV)**

## WHAT TO DO WHEN I'M STRESSED BY CHANGES...

### 1. INVEST MORE \_\_\_\_\_ WITH GOD.

*"Don't you yet understand? Don't you know by now that the everlasting God, the Creator of the farthest parts of the earth, never grows faint or weary? No one can fathom the depths of his understanding. He gives power to the tired and worn out, and strength to the weak. Even the youths shall be exhausted, and the young men will all give up. But they that wait upon the Lord shall renew their strength. They shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."*

**Isaiah 40:28–31 (LB)**

#### MEMORY VERSE:

*When I pray, you answer and encourage me by giving me the strength I need.*

**Psalms 138:3 (LB)**

### 2. ASK GOD TO HELP \_\_\_\_\_ HIS PERSPECTIVE.

*"He revealed his plans to Moses and let the people of Israel see his mighty deeds."* **Psalms 103:7 (GNB)**

*"But if any of you lack wisdom, you should pray to God, who will give it to you; because God gives generously and graciously to all."* **James 1:5 (GNB)**

### 3. INSTEAD OF ASKING "WHY IS THIS HAPPENING?"

ASK WHAT DO YOU WANT ME TO \_\_\_\_\_?

*"I know how to live on almost nothing or with everything. I have LEARNED the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little."*

**Philippians 4:12 (NLT)**

### 4. CONNECT TO WHAT NEVER \_\_\_\_\_.

*Long ago the Lord said to Israel: "I have loved you, my people, with an everlasting love. With unfailing love, I have drawn you to myself."* **Jeremiah 31:3 (NLT)**

*"The grass withers and the flowers fade, but the word of our God stands forever."* **Isaiah 40:8 (NLT)**

*"But his plans endure forever; his purposes last eternally."*

**Psalms 33:11 (GNB)**

### 5. KEEP TELLING GOD: \_\_\_\_\_

**NO MATTER WHAT.**

*"Even if a whole army surrounds me, I will not be afraid; even if enemies attack me, I will still trust God."* **Psalms 27:3 (GNB)**

**THERE IS NO GROWTH WITHOUT**

\_\_\_\_\_.