

**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 make a list of things I am grateful for
- I will talk to God about everything

Join us next week as we start our  
new sermon series:

**What to Do When You're Emotionally Worn Out:  
How to Be Happy No Matter What!**

Join us on our **Prayer Line** by calling  
(712)832-7030. Enter access code, 1919#. The prayer line is  
**open daily from 6am-7am CST.**

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# What to Do When You're Emotionally Worn Out

**Kendall Granger, Lead Pastor**

Part 1 of 5, [pastor@newlifeestl.com](mailto:pastor@newlifeestl.com)

*"We are pressed on every side by troubles, but not crushed and broken. We are perplexed because we don't know why things happen as they do, but we don't GIVE UP and QUIT. We are hunted down, but God never abandons us. We get knocked down, but we get up again AND KEEP GOING."*

**2 Corinthians 4:8-9 (LB)**

1. \_\_\_\_\_ **TELL GOD WHAT I'M FEELING.**

*"Let him have all your worries and cares, for he is always thinking about you and watching everything that concerns you." 1 Peter 5:7 (LB)*

- **GOD ALREADY KNOWS EVERY \_\_\_\_\_  
I FEEL**

*"The Lord gave each of us our minds, so nothing we think or do can be hidden from him." Psalm 33:15 (CEV)*

- **GOD UNDERSTANDS MY \_\_\_\_\_  
BETTER THAN I DO**

*"...The Lord knows what's in everyone's mind AND he understands everything you think."*

**1 Chronicles 28:9 (NCV)**

- **GOD LOVES TO \_\_\_\_\_ TO ME**

*David: "I love the Lord, because he listens to my prayers. He listens to me every time I call to him."*

**Psalm 116:1-2 (GN)**

"Morning, noon, and night I complain of my distress, and still the Lord hears my voice." **Psalm 55:17 (NLT)**

2. \_\_\_\_\_ **ASK GOD FOR STRENGTH!**

"Look to the Lord and his strength." **Psalm 105:4 (NIV)**

"God is the real source of wisdom and strength." **Job 12:13 (CEV)**

**MEMORY VERSE:** "When I pray, you answer and encourage me by giving me the strength I need." **Psalm 138:3 (LB)**

An Angel told Daniel: "And I heard his voice—O Daniel, greatly beloved of God, he said, stand up and listen carefully to what I have to say to you, for God has sent me to you. So I stood up, still trembling with fear." **Daniel 10:11 (LB)**

Then he said, "Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer." **Daniel 10:12 (NLT)**

"But for twenty-one days the mighty Evil Spirit who overrules the kingdom of Persia blocked my way. Then Michael, one of the top officers of the heavenly army, came to help me, so that I was able to break through..." **Daniel 10:13 (LB)**

**THE ATTITUDE THAT MOVES GOD TO ANSWER:**

\_\_\_\_\_

3. \_\_\_\_\_ **THANK GOD FOR ALL THAT'S GOOD DESPITE ALL THAT'S BAD.**

"Give thanks IN all circumstances, for this is God's will for you in Christ Jesus." **1 Thessalonians 5:18 (NIV)**

"(In grief) Job tore his robe and shaved his head. Then he fell to the ground and WORSHIPED GOD. He said, I was born with nothing, and I'll die with nothing. The Lord gave, and now he has taken away. May the name of the LORD BE PRAISED. IN SPITE OF EVERYTHING that had happened, Job did not sin by blaming God." **Job 1:20-22 (GNB)**

**JOB SHOWED THAT I CAN ALWAYS BE GRATEFUL:**

- That God is loving and cares for me  
**Job 10:12**
- That God had a detailed plan for my future  
**Job 23:14**
- That God is in control of what I don't understand  
**Job 34:13**
- That God will reward me after I'm tested  
**Job 23:10**

4. \_\_\_\_\_ **KEEP GOD AS MY FOCUS.**

"You Lord, will keep in perfect peace all who trust in you, and whose thoughts are fixed ON YOU!" **Isaiah 26:3 (NLT)**

"We are praying that you will be filled with his mighty, glorious strength SO THAT YOU CAN KEEP GOING no matter what happens -- always full of the joy of the Lord."  
**Colossians 1:11 (LB)**

"I can do all things through Christ who strengthens me."  
**Philippians 4:13 (NKJV)**

"I have the strength to face anything and everything by the power that Christ gives me." **Philippians 4:13 (CEV)**

**I WILL NOT GIVE UP, I WILL PLUG INTO GOD'S**  
\_\_\_\_\_ **ONE DAY AT A TIME!**