

WHY WE'RE FEELING SO FRAZZLED

Breathing Room: Part 1
January 17, 2021 | Pastor Brian

The Symptoms of a Saturated Soul

1. I FEEL STRESSED OUT.

"I had no time to care for myself." (Song of Solomon 1:6c, GNB)

2. I'VE LOST MY JOY.

"My life is speeding by, without a hope of happiness." (Job 9:25, CEV)

3. I'M LESS PRODUCTIVE.

"A person without knowledge is no good. A person in a hurry makes mistakes." (Proverbs 19:2, GW)

4. I CAN'T HEAR GOD.

"Be still, and know that I am God." (Psalm 46:10a, NKJV)

God's Remedy to Keep Us from Running Off the Rails BREATHING ROOM

What Breathing Room Can Do for You

1. KEEP MY PACE FROM STEALING MY PEACE.

"Blessed be GOD, who has given peace to his people Israel just as he said he'd do. Not one of all those good and wonderful words that he spoke through Moses has misfired. May GOD, our very own God, continue to be with us just as he was with our ancestors—may he never give up and walk out on us. May he keep us centered and devoted to him, following the life path he has cleared, watching the signposts, walking at the pace and rhythms he laid down for our ancestors." (1 Kings 8:56–58, The Message)

2. HELP ME ENJOY THE MOMENT.

"Slow down. Take a deep breath. What's the hurry? Why wear yourself out? Just what are you after anyway?" (Jeremiah 2:25a, The Message)

3. BECOME MORE PRODUCTIVE.

“The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.” (2 Peter 1:8, NLT)

4. RESTORE MY SOUL.

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”” (Matthew 11:28–30, NLT)

ACTION STEP:

BREATHING ROOM GUIDE