



May 2, 2021
Dave Irwin, Pastor of Ministry
Series: "How Ya Doin'?" - Part 4 of 5
Message: "All Worn Out"

Main text: Psalm 23, I Kings 19

What makes us tired?

1. Neglecting our _____ needs.
2. _____
3. _____
4. Unmet _____
5. _____
6. The endless pursuit of _____.

Big idea

God provides for a better way of living and invites us to discover rest in Him in the midst of our fatigue and weariness

Trade tiredness for God's rest

1. Make _____ the primary "more" that we pursue.
2. Trade our _____ for _____.
3. Trade our _____ and unmet expectations for _____.
- 4 Trade isolation for _____.

MY NEXT STEP TODAY IS TO:

- Put my trust in Jesus and discover God's power for my life.
- Identify the source of any significant fatigue in my life AND make the appropriate trade so I can experience God's rest.
- Ask God to give me more of His strength so I can continue to faithfully follow Him in my tiring circumstance.
- Explore what it means to live with boundaries and healthy life rhythms at: staffordcrossing.org/may2resources. (Printed copies available at the information counter)

We exist to help people trust and follow Jesus