

26 September 2021

# Restoring Strength Even in Hard Times

IBC's 37<sup>th</sup> Anniversary

## Four Biblical Principles to handle emotional exhaustion in your ministry:

### 1. Honestly \_\_\_\_\_ How You Feel (*1 Peter 5:7*)

- God \_\_\_\_\_ everything we feel
- God \_\_\_\_\_ better than we do
- God \_\_\_\_\_ to us

(*Lamentations 2:19, Psalm 55:2, 4, 60:3, 69:5*)

### 2. Humbly \_\_\_\_\_ for Strength

(*1 Chronicles 16:11, Matthew 7:7*)

### 3. Gratefully \_\_\_\_\_ for All That's Good

(*1 Thessalonians 5:18*)

### 4. Constant Keep Your \_\_\_\_\_

(*Hebrews 12:1-2, 2 Corinthians 4:16-18*)

These verses are a powerful reminder of how we should face trouble in this world. They remind us to:

1. Refresh ourselves regularly \_\_\_\_\_
2. Remember that our problems are \_\_\_\_\_
3. Recognize that God is using our pain \_\_\_\_\_

God has not forgotten you.