

# Plano

September 24, 2023

Redemption Church | CCLI #

Pre-Service	
65:00	<i>Setup &amp; Sound Check</i> 4:00 p.m.
6:24	<b>Your Great Name (Todd Dulaney) Bb</b> Todd Dulaney at 103bpm Intro, V1×2, C1, Inter, V2, C2×2, Inter, B1, B2, Inter, Tag, Inst, C2, Outro, E
5:00	<i>Production Meeting Prayer</i> 5:05 p.m. A timely service guide run down and Prayer.
15:00	<i>Pre-service Music &amp; Power Point</i> 5:10 p.m. A LIVELY Playlist from Computer & Power Point from DropBox
5:00	<i>5 Minute Countdown</i> 5:25 P.M. Via Easy Worship
Service	
5:03	<b>Risen E</b> Default Arrangement at 132bpm Intro, C, Inst×2, V1, V2, PC, C, Inst, V3, PC, C×2, Inst, B×3, C×2, Tag, Outro
3:00	Greeting - -Welcome -Connection Cards -Love-Grow-Serve-Go
5:22	<b>Glory To God Forever G</b> Default Arrangement at 81bpm Intro, V1, C, Inter, V2, C, B, C×2, B×2, C×2
0:00	<b>Alive D</b> Default Arrangement at 132bpm
2:00	Scripture Reading
6:12	<b>You Make Me Brave D</b> Default Arrangement at 69bpm Intro, V1, C, Turn, V2, C×2, Breakdown, B1, B2, B1, B2, C×2, Tag
2:00	Offering -Celebrate -Give online -Pray
35:00	Message - Beating Burnout
7:00	Altar

5:00	<b>How He Loves</b> <b>A</b> Default Arrangement
6:52	<b>Way Maker</b> <b>E</b> Multi-Track.Passion at 68bpm Intro×2, V1×2, C1, V2, V3, C1×2, C2, C1, B×2, C1, C2, E
1:00	<b>Service Close</b> #1 Baptism Sunday - October 8th BIBLE STUDY SIGNUP! We have 2 signed up! #2 Next Steps in October! Sign Up! #3 Connect Group We exist for 4 reasons -Love God -Grow Faith -Serve Others -Go! Change the World
<b>Post Service</b>	
10:00	<i>Post-Service Music</i> From Playlist on Computer

# Your Great Name (Todd Dulaney) [Bb, 103 bpm, 4/4]

[Todd Dulaney]

Intro, V1×2, C1, Inter, V2, C2×2, Inter, B1, B2, Inter, Tag, Inst, C2, Outro, E

## Intro

### Verse (x2)

**Gm** **Bb** **Eb** **Cm**  
We love to call Your name It's something, we cannot explain  
**Gm** **Bb** **Cm** **Eb**  
That happens when we proclaim Your Great Name Your Great Name!

### Chorus

**Eb** **Bb** **F** **Gm** **Eb** **Bb** **F** **Gm**  
King Jesus No other name, King Jesus None stronger  
**Eb** **Bb** **F** **Gm** **Eb** **Bb** **Gm** **F** **Bb**  
We can call on You Things change, yes When we call on Your name

### Verse 2

**Gm** **Bb** **Eb** **Cm**  
We love to call Your name It's something, we cannot explain  
**Gm** **Bb** **Cm** **Eb**  
That happens when we proclaim Your Great Name Your Great Name!

### Chorus (X2)

**Eb** **Bb** **F** **Gm** **Eb** **Bb** **F** **Gm**  
King Jesus No other name, King Jesus None stronger  
**Eb** **Bb** **F** **Gm** **Eb** **Bb** **Gm** **F**  
We can call on You Things change, yes When we call on Your name

### Bridge 1 (X2)

**Bb**  
There is power in the name of Jesus Power in Your name  
**Bb**  
There is power in the name of Jesus Power in Your name

### Bridge 2

**Gm** **Eb** **Bb**  
Things change when we call You Jesus  
**Gm** **Eb** **Bb**  
Things change when we call Your name  
**Gm** **Eb** **Bb**  
Things change when we call You Jesus  
**Gm** **Eb** **Bb**  
Things change when we call Your name

### Bridge 3

**Gm** **Eb** **Bb**  
I'm free when I call You Jesus  
**Gm** **Eb** **Bb**  
I'm free when I call Your name  
**Gm** **Eb** **Bb**  
I'm free when I call You Jesus  
**Gm** **Eb** **Bb**  
I'm free when I call Your name

**Your Great Name (Todd Dulaney) - Intro, V1×2, C1, Inter, V2, C2×2, Inter, B1, B2, Inter, Tag, Inst, C2, Outro, E**

**Bridge 4**

**Gm Eb Bb**  
When I call Your name  
**Gm Eb Bb**  
When I call Your name  
**Gm Eb Bb/D**  
When I call Your name  
**Gm Eb Gm F F/A**  
When I call Your name

**Instrumental Bridge (X3)**

**Bb**  
When I call Your name  
**Bb**  
When I call Your name  
**Gm**  
When I call Your name  
**Gm Eb Gm F F/A**  
When I call Your name

**Outro**

**Bb**  
When I call Your name  
**Bb**  
When I call Your name  
**Gm**  
When I call Your name  
**Gm Eb Gm F Dm Eb**  
When I call Your name

# Risen

(based on the recording from the Covenant Worship album "Kingdom (Live)")  
www.praisecharts.com/25357

David Binion, Israel Houghton  
and Joshua Dufrene  
Arr. by Dan Galbraith and Grant Wall  
Orch. by Dan Galbraith

Pop Dance Groove ♩ = 132

E

1 Chorus

E

E# G# A C#m B

Inst.

E# G# A C#m B E# G# A

C#m B# D# E# G# A C#m B

E# G# A C#m B# D# E# G# A

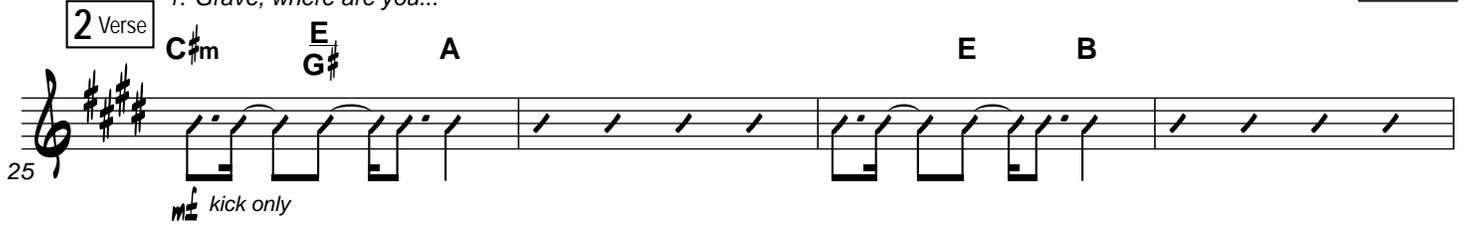
C#m B E# G# A C#m B

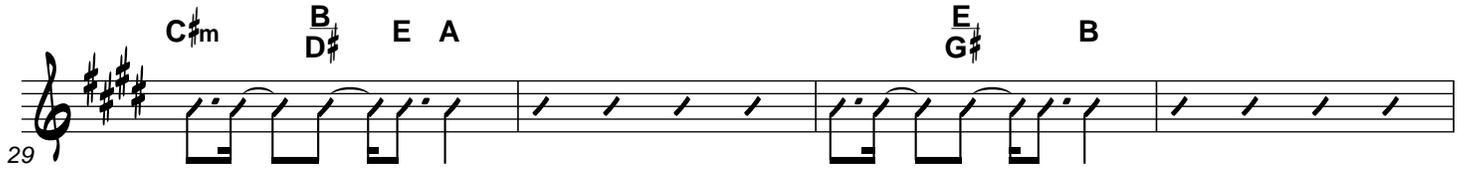
Rhythm

Key: E

2 Verse

1. "Grave, where are you..."

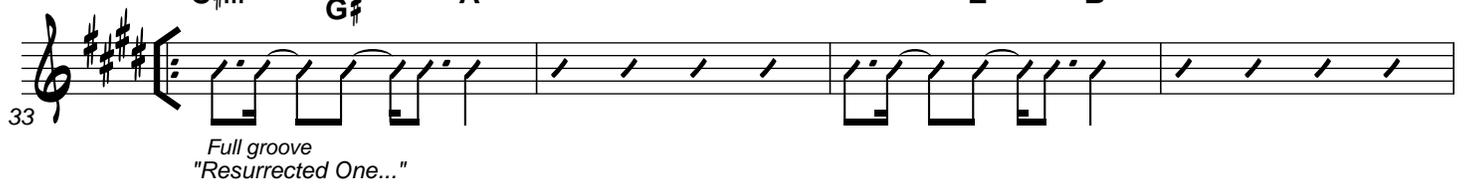
25 

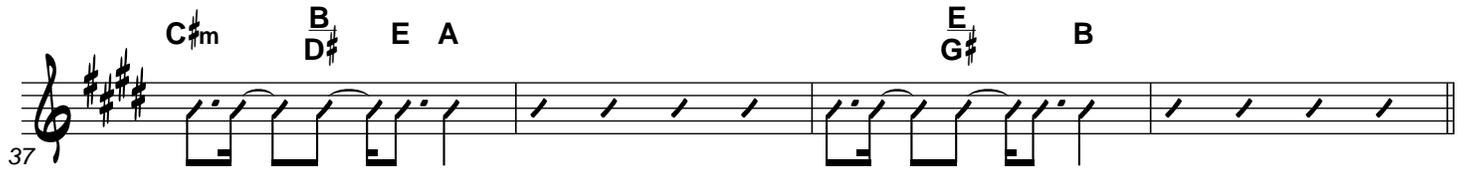
29 

3 Verse

C#m E/G# A

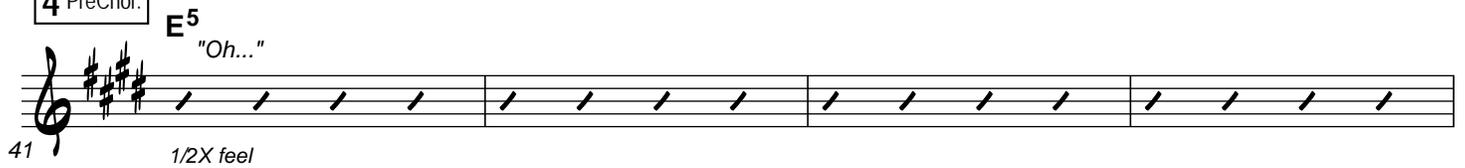
E B

33 

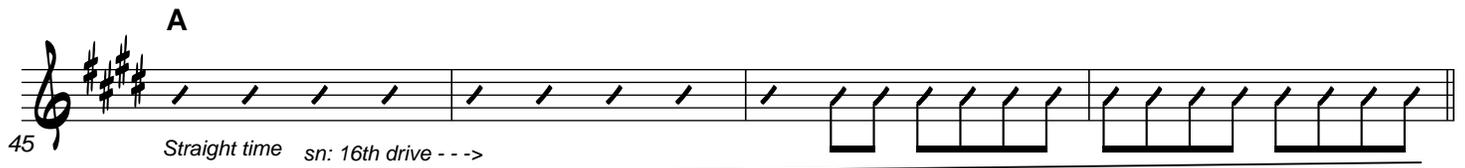
37 

4 PreChor.

E5 "Oh..."

41 

A

45 

5 Chorus

E/G# "Risen..."

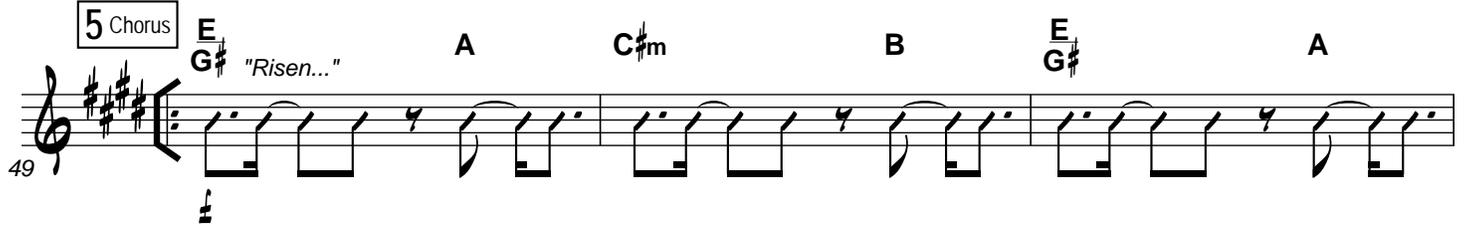
A

C#m

B

E/G#

A

49 

C#m

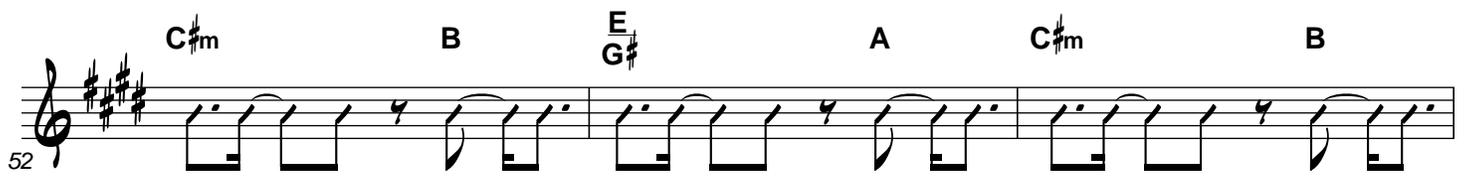
B

E/G#

A

C#m

B

52 

1 - Rpt. to Verse 2

55

E G# A C#m B E G# A

58

C#m B E G# A C#m B

61

E G# A C#m B

Break down to Synth

to 3

2 - Rpt. to Chorus

65

E G# A C#m B

to 5

3 E G# A

68

Inst.

C#m B A B C#m

Big E.G. solo  
1/2X feel

72

A B C#m

7 Bridge

76

A "The same power..." B C#m

1X - half-time feel  
2,3X - driving quarters

80

A B E

8 Chorus

84

1, 2 | 3

E G# "Risen..." A C#m B

*band out, synth lead*

88

E G# A C#m B E G# A

*big drum buildup*

91

C#m B E G# A C#m B

9 Chorus

94

E G# "Risen..." A C#m B E G# A

97

C#m B E G# A C#m B

100

E G# A C#m B Tag E G# A

*"Oh..."*

103

C#m B E G# A C#m B

106

E G# A C#m B E G# A

109

C#m B N.C.

*BAND OUT  
Drums only!*

# Glory to God Forever

♩ = 81

Acoustic only

Full Band

G<sup>5</sup> C G D Em<sup>7</sup> C<sup>2</sup> G D

Verse 1, 2

G/B C<sup>2</sup> G Dsus G/B C<sup>2</sup> G Dsus

*mf*

"Before the world was made, before you spoke it to be - You were the King of Kings, Yes you were, yes you were"  
 "Creator god you gave me breath so I could praise - Your great and matchless name, all my days, all my days"

G/B C<sup>2</sup> G Dsus G/B C<sup>2</sup> G Dsus

"And now you're reigning still, Enthroned above all things - Angels and saints cry out, We join them as we sing"  
 "So let my whole life be a blazing offering - A life that shouts and sings the greatness of the King"

Chorus 1, 2

E Gtr, Synth, Military drum march only

C G D Em<sup>7</sup> C G Dsus

"Glory to God, Glory to God, Glory to God Forever"

C G D Em<sup>7</sup> C G Dsus

"Glory to God, Glory to God, Glory to God Forever"

*D.S. al Fine*

Bridge

C G D Em<sup>7</sup> C G D

"Take my life and let it be, all for You and for Your glory, Take my life and let it be Yours"

*Gtr Line*

C G D Em<sup>7</sup> C G D

Chorus 3

Acoustic & Synth Only

C G D Em<sup>7</sup> C G Dsus

"Glory to God, Glory to God, Glory to God Forever"

Full band 8th note  
Slow build

C G D Em<sup>7</sup> C G Dsus

"Glory to God, Glory to God, Glory to God Forever"

Glory to God Forever (2 of 2)

Chorus 4 Driving 8th Groove

C G D Em7 C G Dsus

38 39 40 41

"Glory to God, Glory to God, Glory to God Forever"

C G D Em7 C G Dsus

42 43 44 45

"Glory to God, Glory to God, Glory to God Forever"

Bridge

C G D Em7 C G D

46 47 48 49

"Take my life and let it be, all for You and for Your glory, Take my life and let it be Yours"

C G D Em7 C G D

50 51 52 53

"Take my life and let it be, all for You and for Your glory, Take my life and let it be Yours"

Chorus Out

Acoustic & Synth Only C G D Em7 C ritard G Full Band Dsus

54 55 56 57

"Glory to God, Glory to God, Glory to God Forever"

# Alive

(based on the recording from the Hillsong Young and Free single "Alive")  
www.praisecharts.com/24143

Aodhan King and Alexander Pappas  
Arr. by Dan Galbraith

With energy ♩ = 132

Bm D F# G Bm A

*Straight disco groove*

1 Verse

1 2 Bm D F# G

4 1. I was lost with a broken heart,  
(3.) midst of the dark - est night

Bm A

7 You picked me up, now I'm set a - part.  
let Your love be the shin - ing light. From the Break - ing

Bm D F# G Bm A

10 ash, I am born a - gain,  
chains that were hold - ing me, for - ev - er safe in the Sav - ior's hands.  
You sent Your Son down and set me free.

1a Verse

Bm D F# G

13 2. You are more than my words could say, I'll fol - low  
4. Ev - 'ry - thing of this world will fade, I'm press - ing

Bm A Bm D F# G

16 You, Lord, for all my days. Fix my eyes, fol - low in Your ways,  
on till I see Your face. I will live that Your will be done,



2 Pre-Chor.

19

23

3 Chorus

27

31

3rd X to Coda

35

Inst.

38

42

3. In the

46 2 Bm D/F# G mp *breakdown like the beginning*

49 Bm A **2a** PreChor Bm D/F# G mp You are, You are, You are (octaves)

52 Bm A mp my free - dom. We lift You high - er. **D.S. al Coda**

**Coda** **3a** Chorus Bm D/F# G Bm A mp You are a - live in us, noth - ing can take Your place.

59 Bm D/F# G Bm A mp You are all we need, Your love has set us free.

**Tag** N.C. mp Oh. *Drums only to end* Oh.

# You Make Me Brave

(based on the recording from the Bethel Music album "You Make Me Brave")  
www.praisecharts.com/24978

Amanda Cook  
Arr. by Dan Galbraith  
Orch. by Joel Mott

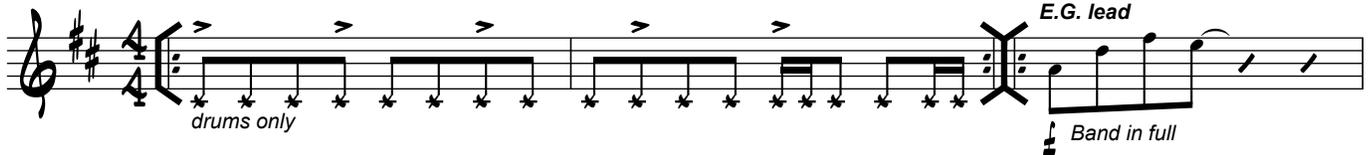
Inst. 

Driving Epic Rock ♩ = 134

drums only

E.G. lead

Band in full



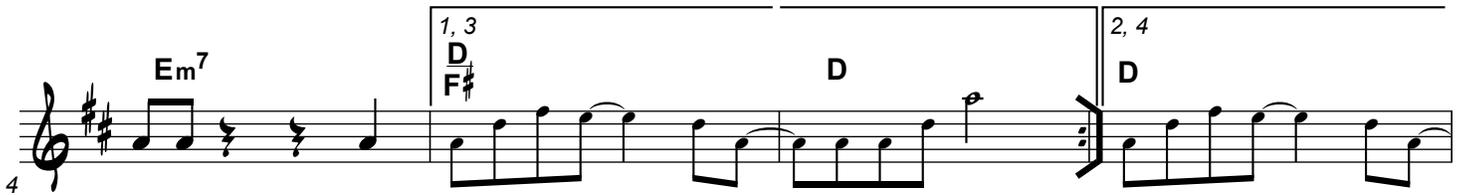
4

Em7

1, 3  
D  
F#

D

2, 4  
D



8

1 Verse

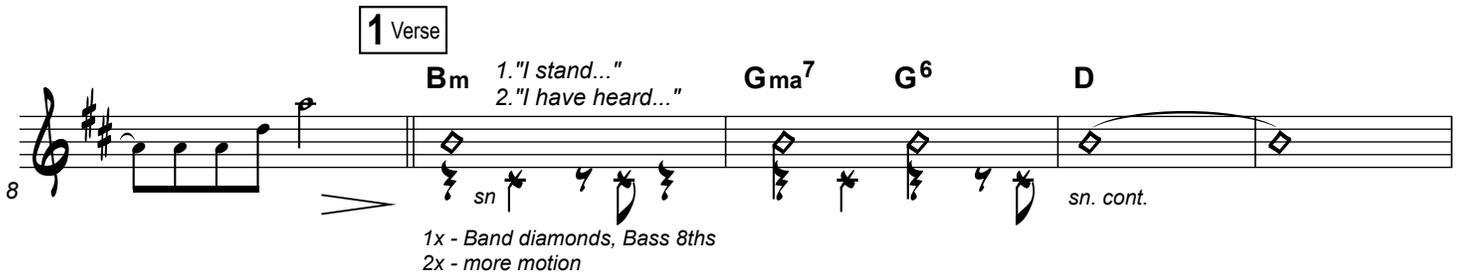
Bm 1."I stand..."  
2."I have heard..."

Gma7 G6 D

sn

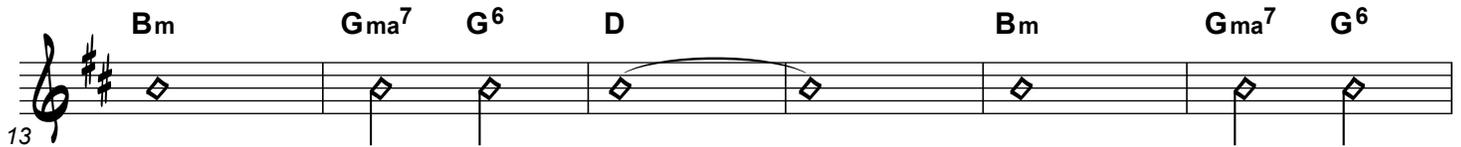
sn. cont.

1x - Band diamonds, Bass 8ths  
2x - more motion



13

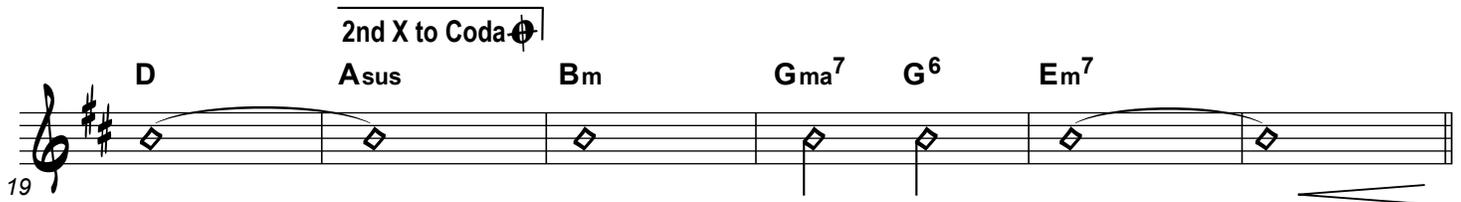
Bm Gma7 G6 D Bm Gma7 G6



19

2nd X to Coda

D Asus Bm Gma7 G6 Em7

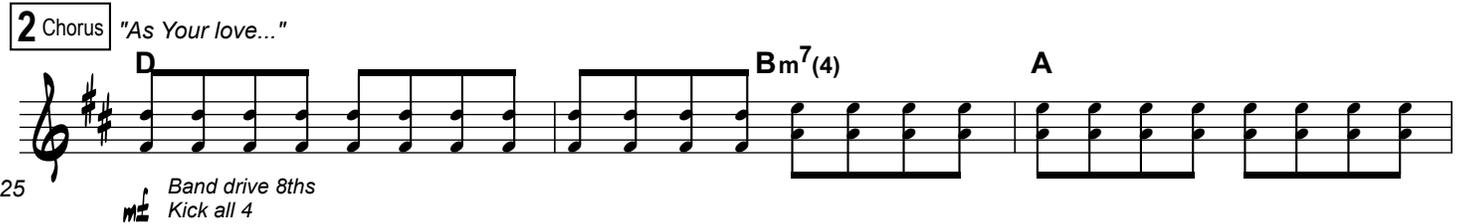


25

2 Chorus "As Your love..."

D Bm7(4) A

Band drive 8ths  
Kick all 4



28

Em7 D F#



31 **G** **A** **D**

Musical staff 31-33: Treble clef, key signature of two sharps (D major). Staff 31 starts with a G chord and contains eighth notes. Staff 32 starts with an A chord. Staff 33 starts with a D chord. The staff ends with a double bar line.

34 **Bm<sup>7</sup>(4)** **A**

Musical staff 34-36: Treble clef, key signature of two sharps. Staff 34 starts with a Bm7(4) chord. Staff 35 starts with an A chord. The staff ends with a double bar line.

37 **Em<sup>7</sup>** **D** **F#** **G** **A** **D.S. al Coda**

Musical staff 37-39: Treble clef, key signature of two sharps. Staff 37 starts with an Em7 chord. Staff 38 starts with a D chord and an F# chord. Staff 39 starts with a G chord and an A chord. The staff ends with a double bar line and a Coda symbol.

**Coda** 41 **Em<sup>7</sup>** **D** **F#** **G** **A**

Musical staff 41-43: Treble clef, key signature of two sharps. Staff 41 starts with an Em7 chord. Staff 42 starts with a D chord and an F# chord. Staff 43 starts with a G chord and an A chord. The staff ends with a double bar line.

**4 Chorus** 45 **D** **Bm<sup>7</sup>** **A**  
"As Your love..."

Musical staff 45-47: Treble clef, key signature of two sharps. Staff 45 starts with a D chord. Staff 46 starts with a Bm7 chord. Staff 47 starts with an A chord. The staff ends with a double bar line.

49 **Em<sup>7</sup>** **D** **F#** **G** **A**

Musical staff 49-51: Treble clef, key signature of two sharps. Staff 49 starts with an Em7 chord. Staff 50 starts with a D chord and an F# chord. Staff 51 starts with a G chord and an A chord. The staff ends with a double bar line.

53 **D** **Bm<sup>7</sup>** **A**

Musical staff 53-55: Treble clef, key signature of two sharps. Staff 53 starts with a D chord. Staff 54 starts with a Bm7 chord. Staff 55 starts with an A chord. The staff ends with a double bar line.

57 **Em<sup>7</sup>** **D** **F#** **G** **A** **1. Repeat Chorus**

Musical staff 57-59: Treble clef, key signature of two sharps. Staff 57 starts with an Em7 chord. Staff 58 starts with a D chord and an F# chord. Staff 59 starts with a G chord and an A chord. The staff ends with a double bar line and a repeat sign.

61 **Inst.** **A** **D** "Cause You make me brave..."

Musical staff 61-63: Treble clef, key signature of two sharps. Staff 61 starts with an A chord. Staff 62 starts with a D chord. The staff ends with a double bar line.

5 Bridge

Bm7

E.G. cues

Gma7

66

1x - band diamonds  
2x - bass/kick on halves (1&3)

70

D F# A Bm7

75

Gma7

1. Repeat Bridge  
D F#

80

A

2 D F# A

6 Bridge

"You make me brave..."

Bm7

G

85

1x - more band, bass/kick on quarters  
2x - bass/kick on 8ths

90

D F# A Bm7

95

G D F#

1. Repeat Bridge

A

2 A

"Because of love..."

100

7 Chorus

D

Bm7(4)

A

E.G. cue

104

Band ring-out to diamonds

mf

107

Em7 D F#

110

G A D

Band in, building  
E.G. cont.

113

Bm<sup>7</sup>(4) A Em<sup>7</sup>

117

D F# G A

D.S.S. al Coda

120

D F# G A Em<sup>7</sup>

8 Tag

124

D F# G A D

6/4 Time Key: E to A

# How He Loves

John Mark McMillan

Intro: Notes A G# C# E

## Verse 1

**A** **F#m7**  
He is jealous for me Love's like a hurricane, I am a tree  
**E** **Dmaj7**  
Bending beneath the weight of his wind and mercy.  
**A** **F#m7**  
When all of a sudden, I am unaware of these afflictions eclipsed by glory,  
**E** **Dmaj7**  
And I realize just how beautiful You are, And how great Your affections are for me.

## Chorus 1

**A** **F#m7**  
Oh, how he loves us oh,  
**E** **Dmaj7**  
Oh, how he loves us, How he loves us all

Repeat  
V1 & Ch1

## Instrumental

## Chorus 2

**A** **F#m7**  
He loves us, Oh how he loves us,  
**E** **Dmaj7**  
Oh how he loves us, Oh how he loves.

## Verse 2

**A** **F#m7**  
So we are his portion and he is our prize, Drawn to redemption by the grace in his eyes,  
**E** **Dmaj7**  
If grace is an ocean we're all sinking.  
**A** **F#m7**  
So heaven meets earth like a unforeseen kiss, And my heart turns violently inside of my chest.  
**E** **Dmaj7**  
I don't have time to maintain these regrets when I think about the way...

## Chorus 2

## Instrumental

## Chorus 2

# Way Maker

Leeland

Key: E

II VV C VV CC C2 Cd BB C c2

Intro: A E B C#m

## Verse 1

You are here **A** Moving in our midst **E**  
I worship you **B** I worship you **C#m**  
You are here **A** Working in this place **E**  
I worship you **B** I worship you **C#m**

## Chorus

**A**  
Way maker Miracle worker  
**E**  
Promise keeper, Light in the darkness,  
**B** **C#m**  
My God That is who you are

## Verse 2

You are here **A** Touching every heart **E**  
I worship you **B** I worship you **C#m**  
You are here **A** Turning lives around **E**  
I worship you **B** I worship you **C#m**

## Ch TAG

That is who you are **A** That is who you are **E**  
That is who you are **B** That is who you are **C#m**

## Bridge

**A**  
Even when I don't see it your working  
**E**  
Even when I don't feel it your working  
**B**  
You never stop, You never stop working  
**C#m**  
You never stop, you never stop working

## PEACE OF MIND – 7 Beat Your Burnout

Welcome everyone to Redemption Church!

We are so glad to have you here with us in Plano Tx.

Blessings to everyone joining us online.

### **Peace of Mind**

We are in the final week of our Peace of Mind series. Over the last 6 weeks we have been talking about the mental health issues that have been robbing us of peace and destroying our bodies.

Today I want to talk about the table.

### **The Glass Table**

The question was asked... “Why’s the table broken?” And we need to answer that question today.

How is your table today?

Do you feel loaded down? Life seems to stack up?

Is life heavy and difficult?

Do you feel like you are constantly on edge. You know you can't take much more, yet you always do take on more and more.

This is where you are headed. You are about to break.

Today we are talking about "beating your burnout."

## **Beating Your Burnout**

The worry you feel today... God has better for you.

The exhaustion you feel today... God has better for you.

The constant grind and drain you live everyday... God has better for you.

A 2021 survey of US workers found that

# **More than half of workers feel burned out as a result of their job demands.**

The study only took jobs into consideration. What might the number look like if we also added marriage, parenting, finances, health, etc.

Our world is full of people who are overwhelmed with stress and on the edge of burnout.

What exactly is Burnout?

**Burnout is our inability to balance the demands we put upon ourself.**

What are the demands you are putting upon yourself?

Social demands – the expectations of others

and social media image. Being there for others. Making all the events you are invited to attend.

Financial pressure – providing what we need and feeling like you are falling behind. Wanting to provide can be exhausting.

Family expectation - Activity with kids and aging parents. I want to be the best parent, spouse, and dutiful child.

Spiritual guilt – I am not enough for God. I do not measure up. I don't serve enough. I don't give enough.

Burnout is not just 1 thing. It is a combination of ALL THE THINGS.

Burnout is not just working long hours...

Burnout is not just a full schedule...

Burnout is not just the pressure to be the best all the time...

# **Burnout is a combination of Mental, Emotional, and Physical exhaustion from multiple sources.**

If you are battling and struggling with the stress and pressures that are pushing you daily toward burnout, you are not alone. I want us to overcome the stigma of “not being ok.” I want us to overcome the shame of not being able to do one more thing... the shame of not being enough for all the demands.

**Stress and Burnout (Progressive  
clicks)**

**-Stress is generally short-lived and related to a temporary project or event.**

The school assignment or test, the work presentation, that problem with the car or house, the new job, the move... these are stressors that are temporary. They have due dates and end dates usually.

**-Burnout is chronic stress that feels never-ending.**

Burnout is continual stress with no relief. It can bring you to a place where you no longer care, have no passion left, feel dead inside, and lose all hope.

Today I want to talk about a character in your Bible who battled chronic stress and hit the wall of burnout.

# The Prophet Elijah

Elijah was an Old Testament prophet who faced continual problems, stress, anxiety, depression, mental-emotional-physical exhaustion, and ultimately Burnout.

Elijah faced all of these mental health issues... and was still close to God.

I want to remind you that your struggle does not make you a bad Christian... it makes you human.

If you ever needed to find an example in your Bible of someone who was powerful in God, full of faith, did miracles, was fearless and victorious... Elijah would be a great choice.

Elijah boldly confronts a king about his evil sin

Elijah prophesied a 3-year drought. Elijah with his own voice released rain 3 years

later.

Elijah was hunted by the king and moved like a ninja. He was impossible to track.

Elijah stood down 850 false prophets and called down fire from heaven.

Elijah heard the voice of God and saw and did many miracles.

Elijah experienced nonstop protection, provision, presence, and power of God, but then a single woman threatens him and Elijah has a breakdown. King Ahab's wife, Jezebel, sends a note to Elijah that says "I am going to kill to kill you by this time tomorrow." (1 Kings 19:20)

Given all of his success, victories, and achievement, it is unexpected that one little message could cause a mighty man of God to crumble... but it did.

Was Jezebel that scary? Or was it that one more stress, one more demand, one more worry finally broke Elijah.

Some of you have experienced this.

You have gone through a problem, but you handled it..

You had an issue, but you fixed it..

You went through a rough time, but you endured it..

And then one day a problem comes that is not bigger than any of the other problems... and at that moment you break.

You start to cry and you are shocked that you are crying. You think to yourself, "what is wrong with me? I should be able to handle this."

But you have exhausted yourself emotionally, physically, and spiritually and now you are burnt out.

Have you been here? This is where Elijah is.

1 Kings 19:3-5 (NIV) 3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there,

4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

5 Then he lay down under the bush and fell asleep...

## The Stress of Burnout

### Physical

- You are easily fatigued and low energy.
- You find it difficult sleep until you just can't stay away and collapse.

- Headaches, body aches & muscle pain.
- The Pain causes you to cope – unhealthy habits - Abuse alcohol, prescription pain meds, illegal drugs, comfort eating.

## **Mental**

Ongoing stress impacts the brain.

1. Enlarges amygdala, the small almond shaped part of your brain that alarms us to danger. The Amygdala is the fight or flight part of our brain.

This ongoing stress makes us more susceptible to fear, so that things that are normally manageable become unmanageable.

2. It weakens pre-frontal cortex. This is the part of the brain that helps us make decisions. The ongoing stress makes you indecisive, gives you inability to focus, and can lead to memory loss.

# Emotional

This ongoing stress leaves you unmotivated with a lack of self confidence. Because your emotions are out of check you have a chronic feeling of self-doubt.

When you start thinking that you are a failure, alone, worthless... these are signs that your ongoing stress is effecting your emotions.

This starts the negative filtering mind loop and you start to blame yourself, others, and even God.

Are you here? Are you on the way here?

How do we get here? By making the same 3 mistakes that the prophet Elijah made.

## 3 Mistakes

### 1. We run ourselves into the ground.

We go and we go and we go. We are always on to the next project. We don't even celebrate a job well done, we are too busy and never rest.

1 Kings 19:3-4 (NIV) 3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness.

Out of fear, Elijah ran. How far do you think he ran?

### Jezreel to Beersheba

He ran from Jezreel, the northern part of Israel, to Beersheba in the southern

part of Israel. He ran 106 miles. He ran over 3 marathons.

Elijah ran himself into the ground.

## **3 Mistakes (progressive clicks)**

### **1. We run ourselves into the ground.**

You know what this is like.

We try to do it all and we never stop.

### **2. We do it all on our own.**

We don't talk about our problems, we carry them ourself.

We isolate when times are hard, instead of leaning into community.

We do not ask for help.

Elijah makes a mistake here in verse 3.

1 Kings 19:3-5 (NIV) 3 Elijah was afraid and ran for his life. When he came to

Beersheba in Judah, he left his servant there,

He left his servant there... Elijah had help, but he left them behind. Support was available, but Elijah isolated.

Some of you are all alone!

Some of you watching online are not connected to a Christian community. Some of you are not a part of connect group.

Some of you are too embarrassed and too proud to ask for help.

The life of a Christian is not meant to be in isolation. We are to support one another, mourn and rejoice together. We are to be like iron sharpening iron.

The Kingdom of God is not just attending a service or watching a video online. God's Kingdom is interactive!

We make the same mistakes.

#1 We run ourselves into the ground.

#2 We do it all on our own.

### **3. We dwell on the negative.**

Elijah had many victories he could have focused upon.

Elijah had many testimonies he could have retold.

Elijah could have declared what God had done and by faith declare God is going to do it again.

But no. This is what Elijah does.

1 Kings 19:4 (NIV) "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

"Take my life." I might as well die. I can't go on. I give up.

“I am no better than my ancestors.” He compares himself to others. That is a destructive and dangerous thing to do that always makes you feel like a failure.

Stop comparing yourself to everyone else.

Because Elijah was not healthy in his mental, physical, and spiritual, he was in a dark place.

BUT in Elijah’s darkest moment, God came to him. God comes to us in dark moments.

1 Kings 19:5 (NIV) All at once an angel touched him and said, “Get up and eat.”

Elijah had run himself into the ground, isolated himself, and was negative... yet God still came to him.

What is the message the angel gives Elijah... Does the angel call him...

Loser...

Scaredy cat...

Stupid...

Failure...

You don't have enough faith... that is why you are here.

You must have a sin problem... that is why you are here.

You need to pray more... that is why you are here.

The Angel said, "Get up and eat."

Don't tell me God does not care about the physical and the practical.

1 Kings 19:6 (NIV) 6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

God provided the provision that Elijah needed.

God tells him to get up and eat. Elijah does.  
Then Elijah goes back to sleep.

Sometimes what we need is that simple.  
Sometimes you do need to just get up...  
Sometimes you do just need a good meal...  
Sometimes you do need a nap...

**Sometimes the most spiritual  
thing you can do is rest.**

I can't stop... I have too much to do.  
The work I am doing is much too important  
to even take a break.

I remember a time I had stacked too much  
on my table. I had one of those moments  
where I broke. I was surprised and I found  
myself by my car weeping after a Sunday  
night Bible study. The final brick that broke  
my glass table was not really a big deal. A  
person I had been working with to lead

music had struggled that night... I was probably really the only one who noticed, but I felt devastated. I felt like a failure.

My friend and pastor Kevin came out to the car and said. Do you need to take Sunday off? I responded with a scoff... "I can't take Sunday off. Sunday is too important."

Kevin said, "Sunday is important, but so is every Sunday that follows this Sunday. Chris, you have a lifelong ministry ahead of you, and if I need to sacrifice this Sunday so that you are still doing ministry 20 years from now, it is an easy choice. You are more important than this Sunday."

I did not take off that Sunday. Truthfully, I don't take off enough Sundays still, but that conversation helped me. His words affirmed me. I realized I was burning out.

Am I talking to anyone who needs a day off from ministry? The work we do is

important, but you are also important. You have a lifelong amount of ministry inside of you and I want to see fulfill it in strength, joy, and peace!

God on the 7<sup>th</sup> day rested. It is called Sabbath rest. It is one of the 10 commandments. That is how serious God is about rest. Perhaps we are not serious enough about rest.

God wants you to rest in your physical, mental, and even spiritual. You need rest and peace.

1 Kings 19:7-8 (NIV) 7 The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." 8 So he got up and ate and drank.

Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

2 times in this dark time, Elijah slept.

2 times in this dark time, Elijah got up and ate.

And Elijah was strengthened by that food and traveled 40 days and nights.

You have a journey ahead of you.

You have work you need to do.

But you need strength to make it.

## Musicians

Elijah travels to Mt Horeb and has an experience with God. God speaks with Elijah in a still small voice... in a whisper. God corrects Elijah's negative thoughts...

Elijah almost never made it to this moment because of his burn out.

Later Elijah restores rain and blessing to Israel. He out races king Ahab's chariot down the mountain.

Elijah almost never made it to this moment, because of his mental health issues.

Elijah meets a young man named Elisha. Elijah mentors Elisha and it secures a future generation so that they would hear the word of the Lord. Elisha goes on to do double the miracles of Elijah.

Elisha almost never got to meet Elijah. What a great loss that would have been.

We started this message with a video of a child stacking bricks on a glass table until it finally broke.

What amazes me most about that clip is that everyone seems surprised that the table broke.

The child says “Oh no... our table... its broken.”

Another child walks up and asks... “Why’s the table broken?”

Do not wait until you break. Change your life today.

Get healing for your mental, physical, and spiritual.

Come rest.