



Hay un lugar para tí

House of Peace Outlines

DON'T GIVE UP

October 2017

Eagles Christian Family Center

HOW TO RECOVER FROM EMOTIONAL EXHAUSTION

“God might kill me, but I have no other hope. I am going to argue my case with him” (Job 13:15 NTV).

<p><u>Weekly Announcements:</u> 3 Days of Power (Adults): Oct. 13-15 Extraordinary Woman (St. George): Oct. 21 Children’s Service: Oct. 27 at 7pm Intercession Retreat: Oct. 27-28</p>	<p>Objective:</p> <ul style="list-style-type: none"> • Learn the steps to recover from emotional exhaustion.
---	--

Illustration: *One of our church leaders had to go and help his family due to a difficult situation. It looks like a mother was taking her children to their father’s custody, but things weren’t too well between the mother and the father. Therefore, the children’s father took out a gun and shot the children’s mother in the head. Our church member is fine, but sadly there is a soul that passed away, there is someone who is going to spend the rest of their life in jail, and two kids that have lost both of their parents. Why do these situations happen? They happen because people have not learned to restore themselves from emotional exhaustion.*

Introduction: *There was a mass shooting that took place in the city of Las Vegas on October 2nd. About 58 people were killed and hundreds were injured by an automatic machine gun. The person who caused this tragedy not only took many lives, but also took his own life. Why do these things happen? Because people have not learned to recover from emotional exhaustion. So, how do we recover and cope with our emotions?*

1. Release your frustrations. Job 10:1 NLT

- A.** Job was fed up with his life, he was weary. He was angry with himself, because he was going through a phase in his life that made him feel disgusted with himself.
- B.** So, what are we supposed to do to recover from emotional exhaustion? We need to release our frustrations by venting what we feel. Job said, *“let me complain freely” (Job 10:1 NLT).*
- C.** Some Christians think we cannot complain about our pain, because we are supposed to be happy all the time. However, life beats us up and it produces negative feelings that we cannot store in our hearts.
- D.** Negative emotions bring anger, bitterness, fear, and shame. We cannot become dumpsters full of negative emotions. If we stuff ourselves with negativity, we will end up ripping our emotional bag, and we will explode in irrational ways, because we failed to manage our stress and our reactions toward stress.

Solution: *“O my people, trust in him at all times. Pour out your heart to him, for God is our refuge” (Psalm 62:8 NLT).*

2. Accept help from others. *1 Thessalonians 5:11 NIV*

A. There are people who think they do not need help from anyone, others think they do not have the right to receive help, and some feel embarrassed to ask for help. Therefore, when they go through a crisis, nobody knows about it, because they never bothered to form relationships with others.

B. Jesus himself opened his heart to his disciples when he was saddened and anxious. As he did this, he was able to release the sadness he was feeling (*Mark 14:33-34 KJV*).

C. The Bible teaches us to be a spiritual family that encourages and builds one another. In this way, we will help each other carry our burdens. We all need help sometimes.

D. We are not only here to give, but also to receive. We need to learn to receive blessings and accept help from others during difficult times. We need to seek someone that can support us; but, we cannot isolate ourselves.

3. Focus on God again. *Jonah 2:7 NLT*

A. We must focus on God once again. We need to take the burdens that represent stress, anxiety, and negative emotions, and throw them in the trash, out of our lives.

B. It's time to take out the trash that doesn't allow us to focus on God. How? By giving God everything that burdens us. Let's not focus on what we can't do, but let's focus on what God can do.

C. When we focus on the problems, then we see God as a small god and we forget about His power. Prophet Jonah was literally eaten up by his problems, nevertheless, when he lacked strength, he remembered God, prayed, and fixed his eyes on God once again.

Conclusion: *Take your eyes off the problems you cannot solve, and set your eyes on He who can do all things. God is the only One who can heal your soul; He is the only expert who can restore you. Accept His help by making the following prayer:*

Time to Reflect:

Why do we human beings cause tragedies?
How do we recover from emotional exhaustion?
How can we guard our hearts from emotional exhaustion?

Personal Application:

- Let's join to help our community during these difficult times.
- Let's look for someone we can trust to help us recover from our emotional exhaustion.

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart, so you can be my Lord and Personal Savior, amen.

HOW TO GET BACK UP

"The godly may trip seven times, but they will get up again. But one disaster is enough to overthrow the wicked"
(**Proverbs 24:16 NLT**).

<p><u>Weekly Announcements:</u> Extraordinary Woman (St. George): Oct. 21 Children's Service: Oct. 27th at 7pm Intercession Retreat- Oct. 27-28 Welcome Celebration: Oct. 28</p>	<p>Objetives:</p> <ul style="list-style-type: none"> • To understand that we will go through many afflictions, but God will deliver us from all of them. • To understand that we are not defeated, even if when get knocked down.
---	--

Illustration: *It was a sunny day in the wild, and all the animals gathered at the top of a rocky mountain to choose a new king. There were three lions in their territory that were very good friends, but they had to choose one of them to become their king. Therefore, they started brainstorming, and an ape said, "Whoever is able to climb up the rocky mountain, that one will be our king". Everybody liked the idea and that is what they did. It was the first lion's turn to climb the mountain, but he was only able to climb three fourths of the mountain. Then, it was the second lion's turn to climb the mountain, but he was only able to climb half way. Finally, it was the third lion's turn to climb the mountain, however, he only climbed a little over half way. Everybody began to question, "Now, who will be our king?". An eagle flew by and said, "The king should be the last one" and everyone asked, "Why?" The eagle replied, "Because, while the first lion was slipping off the mountain he said to himself that it was impossible to climb it and that he would never reach the top, the second lion that climbed the mountain was too worried about getting hurt, yet the third lion that climbed the mountain was telling himself that though the mountain had defeated him this time, he knew the mountain wasn't going to grow and one day he would climb to the top of it".*

Introduction: Have you ever suffered a fall, a defeat, or a failure? What was your attitude when this happened? Did you have an attitude of defeat? Did you tell yourself it was impossible to get up? Or, did you have the attitude the third lion had? Did you tell yourself, "I am not giving up, one day I will climb to the top, it's just a matter of time"?

1. GETTING UP AFTER FAILING TO KEEP THE PROMISES YOU MADE.

A. Peter is a living testimony of what it means to get up, even after denying Jesus three times when he promised him he would never deny him (Matthew 26.35).

B. Maybe, we've made several promises we haven't been able to keep and this makes us feel the same way Peter did after denying Jesus (Matthew 26.75).

C. After failing to keep his promise and follow Jesus until the end, Peter was still able to reach his purpose in life. You see, even if we fail to honor God, even if we fail one of our loved ones, but repent, the Lord can still help us get up once again.

2. GETTING UP AFTER DIVERTING FROM GOD'S PLANS.

A. Samson was a man who was chosen by God, since he was in his mother's womb. He was called to free his people, and his name in Hebrew meant, "Sunlight" (Judges 13.5-7).

B. God has a plan for all of us. Perhaps, we may have diverted from God's plan, because of our actions just as Samson did. Samson began to displease God when he told a philistine woman the secret in his strength (Judges 16.17).

C. If you feel like you have fallen and diverted from God's purpose, but you repent and recognize you have done wrong, God can help you get up again so you continue fulfilling your purpose (Judges 16.30-31).

3. GETTING UP AFTER BEING DEFEATED.

A. Many times, we go through situations in life that make us feel defeated and hopeless such as: a separation, the loss of a family member or possessions, betrayal, sickness, or problems at home.

B. Apostle Paul literally lived what it meant to be knocked down, for he was stoned and almost assassinated for doing the Lord's work (Acts 14.19).

C. Being defeated should not be synonymous to being knocked down. We need to follow Paul's example and shake off the dust from our past, and declare what he said in *2 Corinthians 4.8-9*:

"⁸ We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. ⁹ We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed" (NLT).

Conclusion: *It is so nice to know that we have hope in Jesus; and though we are fragile, if we have Jesus in our heart, then we can stand firm on Him who is our Rock. If you feel like a failure, diverted from God's plans, or knocked down, today you can find hope in accepting Jesus as the Lord of your life.*

Time to Reflect:

What is the key to help us survive tough problems?

Why do many people choose to quit their careers or goals after failing?

Personal Application:

Pray and take time to prioritize your goals in order to get back up and continue going forward.

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart, so you can be my Lord and Personal Savior, amen.

WHAT TO DO WHEN YOU FEEL CORNERED

¹³ But Moses told the people, “Don’t be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again.” ¹⁴ The Lord himself will fight for you. Just stay calm.” ¹⁵ Then the Lord said to Moses, “Why are you crying out to me? Tell the people to get moving!” (Exodus 14:13-15).

<p><u>Anuncios Semanales:</u> Children’s Service: Oct. 27 at 7pm Intercession Retreat: Oct. 27-28 Welcome Celebration: Oct. 28 No HOPs: week Oct. 30- Nov. 4</p>	<p>Objectives:</p> <ul style="list-style-type: none"> • To learn that we cannot overcome our problems in our own strength nor with our own abilities. • To understand that after a problem, comes a blessing.
---	--

Illustration: A group of hikers traveled to a beach during the summer. It was already dark when they had reached the beach, because they had many delays. They needed to cross the beach to get to their campground, they did not have flashlights, but they still decided to walk the long distance. After walking for some time, they found the outgoing of a river, however, they were unable to see how much more they would have to walk and they didn’t know how deep the river was. They did not know what to do, either way, they still dared to blindly cross to the other side. The river was deep and it had a strong current, which caused them to lose their bags and everything they carried, so they continued hiking. The next day, they returned to the river to see if any of their belongings were still there, and they saw that a few meters above their heads were some trunks that had formed a bridge to help them cross to the other side.

Introduction: A lot of the times we go through situations where we feel cornered by problems, and our faith begins to weaken; we feel like we are not going to make it through, and that we will not be able to recover. The people of Israel found themselves in the same situation, they were being threaten on both sides, they would either drown or die by the sword. Nevertheless, God had prepared a surprise for His people. God led them to the sea so that they would walk though it safely. Today God wants to show you how to face your problems in the following way:

1. DO NOT THINK YOU ARE CORNERED. (Exodus 14: 1-3)

- A. The people of Israel were facing a very hard situation, since they were in front of an immense sea and it was impossible to go through it, and there was an armed force behind them who wanted to kill them.
- B. Many times, we feel the same way when we are in the middle of problems. Negative people will arise and they will tell us that we cannot go forward and we feel trapped.
- C. We need to realize that if we love and serve God, then we can receive His benefits, which means He will make a miracle even if it seems impossible. He will make a way out of no way.

2. REMEMBER WHO YOU SERVE. (Exodus 14:5)

- A. Who are we serving, the prince of the world or the King of Kings and Lord of Lords?

B. We need to realize that if we have given our life to Jesus, we belong to Him and we serve Him (Matthew 6:24).

C. If we serve the Lord, then we have the Kingdom benefits and God rewards our service. If He allows us to go through difficult times, then He will provide a way out (Colossians 3:24).

3. **DO NOT BE DISCOURAGED.** (Exodus 14: 10-12)

A. Sometimes we meet people who give up in the middle of their problems and they stop believing the Lord, because they become desperate (Jeremiah 29.11).

B. It will be difficult to understand why God allows us to go through certain hardships, but we can be sure of one thing, and that is that He will not let us go through adversaries that we cannot bear (Matthew 11:29-30). We must remember that adversaries only form our character.

4. **LISTEN TO GOD'S VOICE AND MARCH IN FAITH.**

A. We receive many blessings when we learn to listen to God's voice through His Word, when we read it at home, when we listen to it at church or in the HOP (Deuteronomy 28:1-2).

B. Before the sea was parted, God told Moses to march in faith with the people, so they did it, and they saw God's glory. What was impossible became possible (Exodus 14.13-15).

Conclusion: *Maybe you're in a difficult situation, maybe you have tried to solve your problems, your frustrations, and your loneliness in different ways. You have tried to find peace but you find nothing. If you decide to listen to God's voice and give Him your life, YOU CAN BE IN PEACE AND SEE HIS SALVATION.*

Time to Reflect:

Have you ever felt cornered? When did you feel like this?

Why does God allow us to feel like if we are between a rock and a hard place?

Personal Application:

Tell about a time when you were going through a tough situation and you saw God's hand move in your life.

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart, so you can be my Lord and Personal Savior, amen.