

## WELCOME

### Our Mission is to . . .

- Connect you to Jesus
- Connect you to His community for discipleship
- Connect you to your mission and purpose in life

**We are not here to tell you what to wear, eat, listen to, vote for, or even believe. These are things you must determine for yourself if you want to have real faith. We are here to give you truth, facts, tools and point out that every choice, every belief, and every action you make is tied to an outcome in your life. You can't do life without developing a strong foundation and becoming a person of substance. This is your journey, your discovery, and you will reap the benefit of the work you do.**

**FHNew** - Our mission as a church is to do everything we can to help you grow your faith. If you would like to get to know us a little better or begin or continue your journey of faith, text **FHNew** to **53123** and we will send you a link to a few short videos about Foothills Church, or stop by the **Connection booth in the Atrium.**

**FHBaptism** - One important step in your faith journey is being baptized. To learn more about baptism, text **FHBaptism** to **53123** and we will send you the teaching on Believers' Baptism.

---

## ONGOING

- [Moms groups](#) (links)
- [Bible Recap](#) – read through the Bible
- **Weeds in My Garden** – 8 week sermon series (started February 4), on **Mental Health --** suicide, self-harm, stress/anxiety, burnout, low self-esteem and depression.
  - **Pray the Holy Spirit** gives Pastors Doug and Harv the words that people need to hear
  - **Pray for the staff** who will be fielding questions on topics of which we are not experts as well as reaching those in our community who are feeling isolated and alone
  - **Pray about whom you might invite**: friends, family members, co-workers. Everyone wrestles with these issues or has a loved one who does, and we can all use tools in our toolbox to navigate life
  - **Testimonies**: If you have a testimony or story that could help someone, please tell it. You can **use the QR code** on the screen to sign up.
  - **Counselors**: We are looking for partners in this series. If you are a counselor or mental health professional and would like to be a resource for those in need, scan the QR code for a link to the **Counselor Info Form**.
  - **Parents**: If you typically bring your kids (6<sup>th</sup> grade and under) to the auditorium for church, during this sermon series I encourage you to take advantage of our kids' ministry for this series. We don't want to put ideas in their heads that you will have to navigate as a parent.
- **Master Course: The Nature of God** – 6-week course **started Thursday, February 15**, 6:30-8 pm in the Youth Center. Purpose: Encourage mature and growing Christians to the next level in their knowledge and understanding of God. **Additional courses will be coming.**

## INTRODUCTION

We are in a series called **Weeds In My Garden**, an honest conversation about mental health.

Today we are going to talk about **Stress** and **Burnout**.

- What are your biggest stressors in life right now, the things that really pain you?

**Stress is real** and it can lead to burnout.

- Stress is not the problem; burnout is the problem
- It is the inability to recognize stress, deal with stress, monitor and manage stress that leads to burnout

### What does this look like? Story of Elijah 1 Kings 19

**Ahab: 1 Kings 16:29-30** *“Now Ahab the son of Omri became king over Israel in the thirty-eighth year of Asa king of Judah, and Ahab the son of Omri reigned over Israel in Samaria for twenty-two years. 30 Ahab the son of Omri did evil in the sight of the Lord more than all who were before him.”*

- Ahab married Jezebel, a Sidonite
- He killed off all but 100 of the Jewish priests and replaced them with Ba'al's

**Elijah: 1 Kings 17:1-3** *Now Elijah the Tishbite, who was of the settlers of Gilead, said to Ahab, “As the Lord, the God of Israel lives, before whom I stand, there shall certainly be neither dew nor rain during these years, except by my word.” 2 Then the word of the Lord came to him, saying, 3 “Go away from here and turn eastward, and hide yourself by the brook Cherith, which is east of the Jordan.*

- In the Old Covenant, the agreement was you remain faithful and I will provide and protect
- God stopped providing
- Elijah went into hiding for 3 years

**The Duel: 1 Kings 18:1** *“Now it happened after many days that the word of the Lord came to Elijah in the third year, saying, “Go, present yourself to Ahab, and I will provide rain on the face of the earth.”*

**The Challenge: 1 Kings 18:17-19** *“When Ahab saw Elijah, Ahab said to him, “Is this you, the cause of disaster to Israel?” 18 He said, “I have not brought disaster to Israel, but you and your father's house have, because you have abandoned the commandments of the Lord and you have followed the Baals. 19 Now then, send orders and gather to me all Israel at Mount Carmel, together with 450 prophets of Baal and 400 prophets of the Asherah, who eat at Jezebel's table.”*

**The Victory: 1 Kings 18:39-40** *When all the people saw this, they fell on their faces; and they said, “The Lord, He is God; the Lord, He is God!” 40 Then Elijah said to them, “Seize the prophets of Baal; do not let one of them escape.” So they seized them; and Elijah brought them down to the brook Kishon, and slaughtered them there.*

- Elijah prays for the rain
- **1 Kings 18:46** *Then the hand of the Lord was on Elijah, and he belted his cloak around his waist and outran Ahab to Jezreel.*

**The Aftermath: 1 Kings 19:1-8** Now Ahab told Jezebel everything that Elijah had done, and how he had killed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more so, if by about this time tomorrow I do not make your life like the life of one of them." 3 And he was afraid, and got up and ran for his life and came to Beersheba, which belongs to Judah; and he left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a broom tree; and he asked for himself to die, and said, "Enough! Now, Lord, take my life, for I am no better than my fathers." 5 Then he lay down and fell asleep under a broom tree; but behold, there was an angel touching him, and he said to him, "Arise, eat!" 6 And he looked, and behold, there was at his head a round loaf of bread baked on hot coals, and a pitcher of water. So he ate and drank, and lay down again. 7 But the angel of the Lord came back a second time and touched him, and said, "Arise, eat; because the journey is too long for you." 8 So he arose and ate and drank, and he journeyed in the strength of that food for forty days and forty nights to Horeb, the mountain of God.

### Stats on Burnout



- 76% of employees experience burnout at some point
- 28% experience it always or very often -- almost 1 out of 3
- According to CNBC
  - Nearly half (48%) of 18-to-29-year-olds said they experience burnout compared with 40% of their peers aged 30 and up
  - Women (46%) reported higher levels of burnout than men (37%)

### Stories of burnout

- Maria was highly intelligent, good in school, went to college on scholarship, accepted into med school, residency and a fellowship. At 32, she began experiencing severe brain fog, exhaustion, etc.
- Josh was great in sales: He was always the top producer. After a while, the company promoted him to sales manager where he quit selling and had to manage sales people. He started experiencing depression.

### Burn out is a soul experience -- It goes to the very depth of your being

- The most deceptive part of burnout is the belief that it can't happen when you are pursuing a dream or doing the right thing

- Even when following the Lord's direction, you can experience burn out. Just imagine how quickly you can burn out when not following the designer of your soul

### Principles for mental health

- Create stress in order to grow and learn how stress impacts you
- One of the reasons we have become an overly stressed-out population is because we treat all stress as bad
  - When children are raised by helicopter parents that remove all obstacles, smooth over their mistakes, and eliminate any negative outcomes from their choices, those children grow up into snowflake adults that are unable to make commitments and stick with them
  - The only way to gain confidence and strength is to push yourself to do hard things -- this is stressful!
  - The more you learn to deal with and manage stress, the stronger you become
  - The key is to avoid burnout
    - **Stress** is not the issue, it is the inability to deal with and manage stress that leads to burnout. **Burnout** is the issue
- Everyone has a different biology so each responds to stress differently
  - When you are in your formative years, pushing yourself to do difficult things, keeping commitments to jobs you hate, staying on a sports team you don't like, studying for a test in a subject you have no interest – it teaches you how you respond to stress
  - You will learn more about yourself in difficult times than in easy times
- Learn to deal with stress before you burn out
- **The 4 Buckets**
  - **Situational:** Be aware of gravity
    - There are lots of jobs where personality traits (proclivities) and job responsibilities don't match up
    - Bad moral situations create extreme stress
  - **Biological:**
    - What are your signs you are under stress?
    - Start practicing periods of rest
    - Evaluate your diet: lots of alcohol and sugar increase stress
  - **Clinical:** burn out is real
  - **Spiritual:**
    - Elijah's final destination was Mt Horeb, the Mountain of God
    - The imagery here is overwhelming: Israel was in a drought and famine due to breaking the covenant
    - Elijah has been trying to lead the people back to where they were supposed to be. Now he was burned out. So the angel of the Lord says: you must journey to the Mountain of the Lord. The place where Israel was given the covenant

**CHALLENGE: You need to return so your soul can be renewed.**

**Over the last 6 weeks we have been focusing on real issues that affect us in real ways. The end of this series is on Palm Sunday (the Sunday right before Resurrection Celebration - Easter).**

- We are calling it **Hope Sunday**. This is a day of **baptism**: You can sign up today!

**DISCUSSION QUESTIONS**

1. What are the things causing you stress right now, and why are they stressful?
2. What can you do to face the stress and begin addressing its impact on your life?
3. How can you return to the Mountain of the Lord?