

**FRAZZLED**  
**Gearing Down Series, Part 2**  
**March 10, 2019**

*“As pressure and stress bear down on me, I find joy in your commands.”*  
Psalm 119:143

**Rest helps us** \_\_\_\_\_

*“<sup>1</sup>Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup>So Jezebel sent a messenger to Elijah to say, ‘May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.’ <sup>3</sup>Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup>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.’ <sup>5</sup>Then he lay down under the bush and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’ <sup>6</sup>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. <sup>7</sup>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.’ <sup>8</sup>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. <sup>9</sup>There he went into a cave and spent the night. And the word of the Lord came to him: ‘What are you doing here, Elijah?’ <sup>10</sup>He replied, ‘I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.’ <sup>11</sup>The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.’ Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup>After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. <sup>13</sup>When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, ‘What are you doing here, Elijah?’ <sup>14</sup>He replied, ‘I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.’”* 1 Kings 19:1-14

**Stress causes us to...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**To gear down we must address...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **NEXT WEEK...**

### **“Overload”**



Overloaded people live in deficit — emotional deficit, relational deficit, and spiritual deficit. If you have ever overdrawn your checking account, you know the immediate stress and pressure that comes. You immediately want to find a way to cover it, but where do you find money when you are completely out? It is just as possible to get overdrawn in life. When you are overwhelmed, you find yourself

living in deficit. You get overdrawn in your marriage, overdrawn with your kids, and you just plain run out of the spiritual, mental, relational, and emotional currency that it takes to really enjoy life. Join us for this final message as we learn from Jesus how to find rest in Him.

**Weekly  
Financial Report  
Feb 24 – Mar 3, 2019**

Tithes & Offerings: \$12,941  
Weekly Budget: \$15,719