

Is.53:4 "SURELY he carried
our *SORROWS*"

Discouraged, Weary, Depressed,
Overwhelmed, Sad, Frustrated

pt. 3

5/12-14, 2006

Victory Truth

1. Embrace the !!!!!!!! Nature of my Gifts

3. PATIENTLY Finding a STRATEGY
that FITS my soul = HOPE

Ps. 91:4 He will cover you with his feathers
and under his wings you will find refuge.

OPTIONS = HOPE!!

Romans 15:13

May the God of hope fill you with all
joy and peace as you trust in him, so
that you may overflow with hope by
the power of the Holy Spirit.

Mt. 6:22

The eye is the lamp of the body.

OPTIONS = Honor, Respect

OPTIONS = Autonomy, Responsibility

OPTIONS = Humility, Flexibility

OPTIONS = Guaranteed to LISTEN

OPTIONS = Movement

OPTIONS = Patience

In patiently (Is. 53:4) finding a
strategy that FITS
your soul, start by finding the
top 4-5 areas of pain.

1. **Physical Environment Factors (Body)**
 - a. Chemical Balance
 - b. Physical Activity / Eating Habits / Sleep Patterns
 - c. Financial Stress / Career Goals
 - d. Time Management
2. **Relational Factors (Soul)**
 - a. Present Relationships
 - b. Past Wrongs done to you
 - c. Helping others
3. **Spiritual Factors (Spirit)**
 - a. Past Failures
 - b. Finding God's Strength Daily
 - c. Processing your heart daily

Victory Truth

2 Choose my FRIENDS / MENTORS very CAREFULLY

1 Corinthians 12:1-27

Complexity in Simplicity

How **Deeply Committed** and **Connected** am I in a **HEALTHY** Church Family?