**Help I’m \_\_\_\_. (Graphic)**

Week 1: Help I’m **STUCK!**

Week 1: Help I’m **OFFENDED!**

**How Offense Happens:**

1. You get **offended**.
2. You take **offense**.
3. You harbor **resentment**.
4. You develop relationship **deficits**.

**Pray for them. Go to them. Forgive like Jesus.**

Help I’m **STRESSED!**

**Create Margin**

Margin is the space between my current performance and my limits.

(Mark 1:35-38)

“Very early in the morning, while it was still dark, Jesus got up, left the house **and went off to a solitary place, where he prayed**. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!” Jesus replied, “Let us go somewhere else—to the nearby villagers—so I can preach there also. **That is why I have come**.”

**5 Keys to turning the burner down:**

1. Keeping the **peace** with others.

(Romans 12:18)

“If it is possible, as far as it depends on you, live at peace with everyone.”

(Romans 14:19)

“Let us therefore make every effort to do what leads to peace and to mutual edification.”

1. Be a **hard worker**.

(Colossians 3:23)

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”

(Proverbs 14:23)

“All hard work brings a profit, but mere talk leads only to poverty.”

1. Watch your **physical** health.

(1 Corinthians 6:19-20)

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. **Therefore honor God with your bodies**.”

1. Be wise with your **money**.

(Proverbs 3:9-10)

“Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.”

1. Make time with **God**.

(Mark 1:35)

“Very early in the morning, while it was still dark, Jesus got up, left the house **and went off to a solitary place, where he prayed**.”

(Genesis 1:2,6)

“Now the earth was **formless and empty**, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.”

“And God said, “**Let there be a vault between the waters** to separate water from water.”

The antidote for an empty and chaotic life is when **the presence of God comes into our chaos and creates space**.