

Thursday

Please read Psalm 62:8, Philippians 4:6–8 & 1 Peter 5:7. Worry is a sneaky problem; we're often in it before we even realize it! Think about your life right now. Where are you struggling with worry?

What would it look like to “trust in God at all times” in that worry?

How does “casting all your anxiety on Him” help put “fuel” in your life?

Thank God today that there is no concern or care too small to give to Him. Talk to Him about the worries you're currently struggling with — no matter how long it takes! Pray that God will remind you to talk to Him instead of worrying.

Friday

Please read Proverbs 2:6, 13:10, 19:11, & Ephesians 1:16–18. According to these verses, what is the source of wisdom?

What value do you place on wisdom? How do you pursue that in your daily life?

Thank God today that you don't have to run around trying to find wisdom but that you can go directly to Him — the source! Pray for the patience to learn and grow in wisdom. Ask God to fill you with His wisdom as you face this day.

Saturday

Please read Psalm 127:2 & Matthew 11:28. How do you respond to being tired?

Who can you help get some rest in this week ahead? Make a plan to do that!

Thank God today that He wants you to rest and that He cares about you. Pray that you'll mature in your understanding of rest. Please pray for the services this weekend. Pray that God will use our church to reach our County!

Prayer Updates

Hospitalized & Surgeries in the Past Week

Andy Bedell — back surgery
Chris Woerner — back surgery
Kay Santi — RCU, complications of concussion after a fall
Marissa Ferrante — elbow surgery (no longer able to pursue Olympic Triathlon tryouts)
Recent surgeries or hospitalizations: Cindy Edinger, Jim Rouff, Marlene Bruce

We want to provide pastoral support...

Please call 831-465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups — call 831-689-9400. Please pick up a Prayer Update at the Information Desk.



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What Moms Need Most (and how you can help!)

MAY 12 & 13, 2012 • RENÉ SCHLAEFFER

I pray... you will be **filled** with the fullness of life and power that comes from God. *Ephesians 3:19b NLT*

_____ % of Americans say they feel burned out (*CareerBuilder.com*)

In a 2011 international web-based survey of Moms:

- _____ % worry they will burn out
- _____ % said they suffer from a stress-related health problem
- _____ % have problems with anxiety
- _____ % struggle with depression

(Source: *workingmomsbreak.com*)

What fills the tank for Moms?

(Source: 2007 survey of mothers at Saddleback Church by pastor Tom Holladay)

1. Moms need _____

Her children arise and **call her blessed**; her husband also, and he **praises her**: ‘Many women do noble things, but you surpass them all.’ Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Give her the reward she has earned, and let her works bring her praise at the city gate. *Proverbs 31:28–31 NV*

Honor your father and mother. *Ephesians 6:2a NV*

I **thank** my God every time I remember you. *Philippians 1:3 NV*

We always **thank** God, the Father of our Lord Jesus Christ, when we pray for you. *Colossian 1:3 NV*

Key: _____ for them!

2. Moms need _____

Don't be troubled. You **trust God**, now **trust in Me**. *John 14:1 NLT*

Trust in Him at all times. Pour out your heart to Him, for **God is our refuge**.
Psalms 62:8 NLT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace... **Fix your thoughts** on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. *Philippians 4:6,8 NLT*

3. Moms need _____

Yet though He did all this for them, they continued to **test His patience**.

Psalms 78:56a NLT

Be patient with each other, making allowance for each other's faults **because of your love**. *Ephesians 4:2 NLT*

For when the way is rough, your patience has a chance to grow. So let it grow, and don't try to squirm out of your problems. For when your patience is finally in full bloom, then you will be ready for anything, strong in character, full and complete. *James 1:3-4 TLB*

4. Moms need _____

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. *James 1:5 NLT*

God has hidden all the treasures of wisdom and knowledge **in Christ**.
Colossian 2:3 GW

5. Moms need _____

[Jesus:] "My purpose is to give them a rich and satisfying life." *John 10:10b NLT*

New series continues the next 4 weeks: FUEL



NEXT WEEKEND
Filling an Empty Tank

Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest." *Matthew 11:28 NLT*

Starting point: _____

Monday

What did you learn about dealing with burnout in last weekend's sermon? In what way are you struggling with burnout (or helping someone who's struggling with it)?

How does burnout impact your relationships with other people? How does it impact your relationship with God?

Thank God today that He cares about your schedule and your feelings of burnout. Ask God to help you evaluate your life honestly and grow this week as you learn about God's "fuel" to help you re-fill your life "tank".

Tuesday

Please read Psalm 118:1, Colossians 1:3 & 1 Thessalonians 1:2. How can thanksgiving fill your tank — even if you're not the one being thanked?

It's interesting how the Apostle Paul begins each letter expressing thanks. What would your friends say about you? Are you someone who approaches them with a spirit of gratitude?

How could you build gratitude into your life and relationships today?

Write down the name of one person who you want thank today and ensure you take the time to do that today!

Thank God today for the example of Paul's gratitude in the Bible. Pray that your actions will reflect God's grace today and will be an encouragement to those you encounter.

Wednesday

Please read Ephesians 4:2, James 1:3-4 & 2 Peter 3:9. What do these verses say about being patient?

When's the last time you became impatient? Be honest: is impatience part of your regular attitude and actions?

How could you help someone gain more "margin" in their life and help stretch their patience?

Thank God today for His amazing patience with you. Pray that your actions and attitude towards others will reflect how God is patient with you. Ask God to show you how you could help relieve someone else's burden.



Memory Verse

Dear children, let's not merely say that we love each other; let us show the truth by our actions.
1 John 3:18