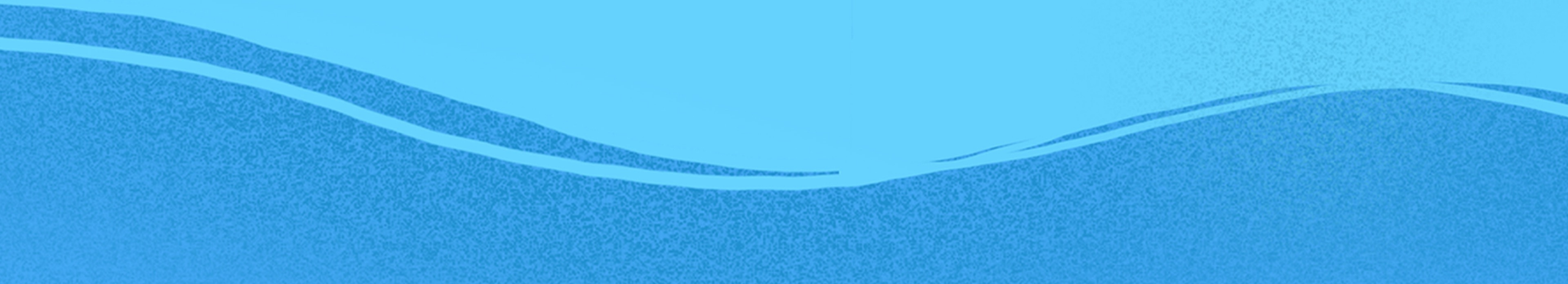


EMPOWERED

*RELEASING THE POWER OF GOD
IN YOUR LIFE & MINISTRY*




FANNING THE FLAME



FANNING THE FLAME

Dealing with Discouragement

A wooden sign with a black face and white text. The text is arranged in four lines, reading: "Life is all about how you handle Plan B". The sign is placed on a wooden surface. The background of the entire image is a light blue gradient with a darker blue wavy shape at the bottom.

**Life is all
about how
you handle
Plan B**

“Exhausted and depressed, Hudson Taylor later confessed that only his wife's love stood between him and suicide.” –
The Life and Ministry of James Hudson Taylor, by Ed Reese

“I am told that God loves me- and yet the reality of darkness and coldness and emptiness is so great that nothing touches my soul.” – Mother Teresa

“For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself.” Paul – 2 Corinthians 1:8



PSALM 77

1 I cried out to God for help;

I cried out to God to hear me.

2 When I was in distress, I sought the Lord;

at night I stretched out untiring hands,
and I would not be comforted.

7 Will the Lord reject forever?

Will he never show his favor again?

8 Has his unfailing love vanished forever?

Has his promise failed for all time?

9 Has God forgotten to be merciful?

Has he in anger withheld his compassion?"



PSALM 77

- 10 Then I thought, “To this I will appeal:
the years when the Most High stretched out his right hand.
- 11 I will remember the deeds of the Lord;
yes, I will remember your miracles of long ago.
- 12 I will consider all your works
and meditate on all your mighty deeds.”



PSALM 77

13 Your ways, God, are holy.

What god is as great as our God?

14 You are the God who performs miracles;
you display your power among the peoples.

15 With your mighty arm you redeemed your people,
the descendants of Jacob and Joseph.

19 Your path led through the sea,
your way through the mighty waters,
though your footprints were not seen.

20 You led your people like a flock
by the hand of Moses and Aaron.

PSALM 77

Verses 1-9 Lament what is in your heart

turn your complaints and discouragement into prayers of lament

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10-12 Shift the focus of your heart

redirecting the focus from your discouraging circumstances in the present to God's faithfulness and salvation in the past (the cross)

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13-20 Respond to God's heart

fresh praise and worship

deeper faith and trust

repentance

fuller knowledge of God's character

deeper surrender

courage to re-engage and obey

increased love

forgiveness to others

renewed hope

increased desire for intimacy with him

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2. What I think is plan B is actually Gods plan A for my life
3. There is treasure in every place of discouragement
4. God can radically flip your heart from discouraged to encouraged, even without your circumstances changing

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Personal Renewal



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PSALM 23: 1-4

The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures,
he leads me beside quiet waters,

3 **he refreshes my soul.**

He guides me along the right paths
for his name's sake.

4 Even though I walk
through the darkest valley,

I will fear no evil,

for you are with me;

your rod and your staff,
they comfort me.

“ Our soul is like a stream of water which gives strength, direction, and harmony to every other area of life. When that stream is as it should be, we are constantly refreshed and exuberant in all we do, because our soul itself is then profusely rooted in the vastness of God and his kingdom, including nature, and all else within us is enlivened and directed by the stream. Therefore, we are in harmony with God, reality and the rest of human nature and nature at large.” – Dallas Willard

- What are your indicators that your soul needs renewal?

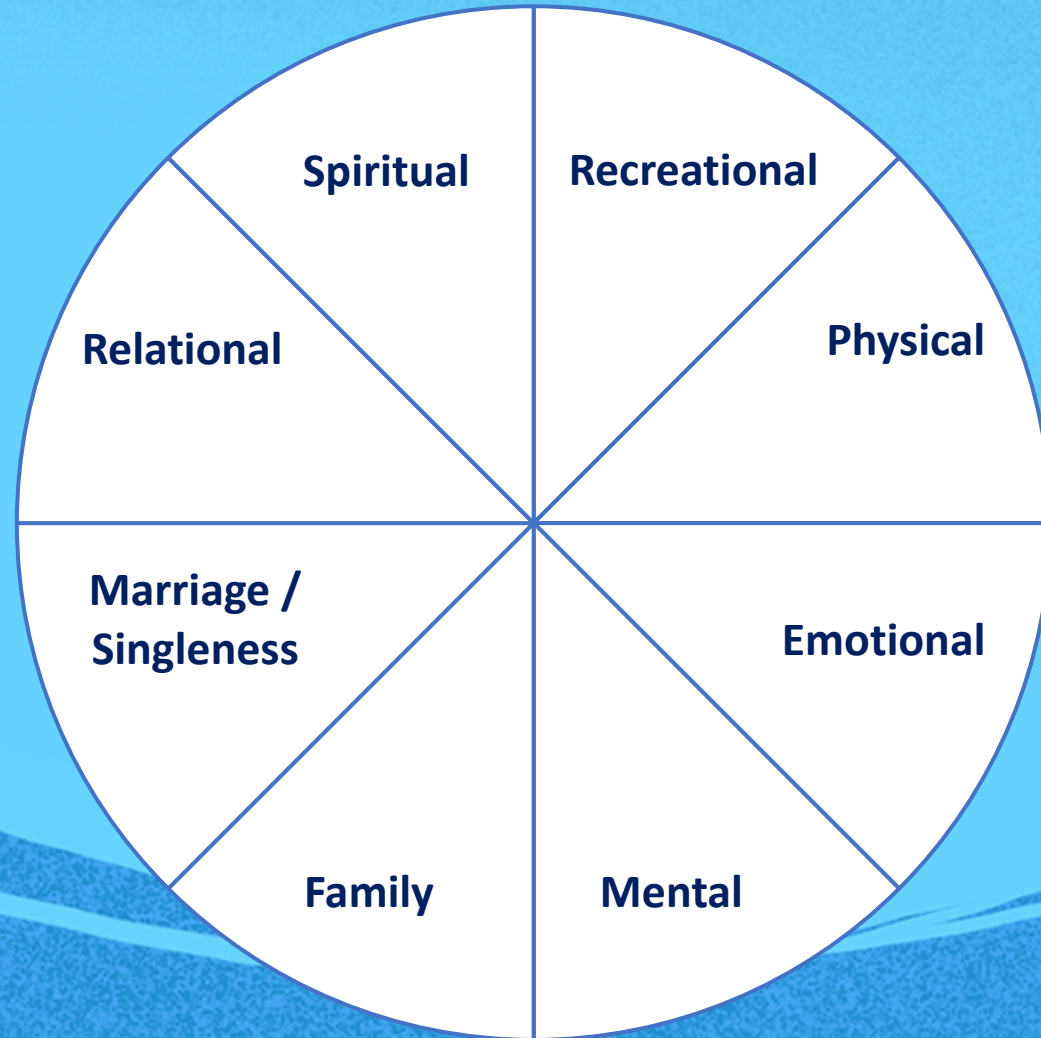
Galatians 5:22-23

But the fruit of the Spirit is love joy peace patience kindness goodness faithfulness gentleness and self control..

Here the Apostle Paul lists the “fruit of the Spirit,” or, put another way, “the types of things produced when God’s Spirit is present.” The presence of these virtues should be our litmus test for whether or not something is from God; these virtues are what He sounds, smells, tastes, and feels like. It’s also worth noting that we should be highly skeptical of anyone who claims to be near to God and yet is unapologetically hateful, angry, anxious, impatient, rude, harsh, and unrestrained.

A quote from pastor Mike Woodrow

SOUL HEALTH



• Spiritual

- How do you connect with God? (Bible, Prayer, Worship)
- What spiritual practices are you growing in?
- How do you practice sabbath, solitude and silence?
- Are you walking in sarx or the Spirit?
- What sin or disobedience is making soul rest impossible?

• Relational

- Who brings renewal into my life? When did you spend time with a friend just for fun?
- Who challenges you to be more like Jesus?
- What are activities you can do together?

• Marriage/ Singleness

- How am I connecting with my spouse?
- How am I embracing my singleness?
- What is one thing I can do to bring more vitality in this area of my life?

• Family

- What activities with your close family bring you renewal and vitality?

- Mental

- Are you learning something new? Are you engaging your mind?
- books, learning, skills
- How is media negatively impacting me?

- Emotional

- What fills you emotionally? That was a gift from God
- activities, practices, people, journaling, listening to music, solitude

- Physical

- What brings you physical renewal?
- Sleep, exercise, healthy eating

- Recreational

- What activities fill you up? What do you do for fun?
- Hobbies, activities



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Prayer and Fasting

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“Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us.” Bill Bright

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Prayer and Fasting

“Prayer is the one hand with which we grasp the invisible. Fasting is the other hand with which we let go of the visible.” - Andrew Murray