

STRESS & BURNOUT

What Weeds Do

Perhaps you're like me, and gardening isn't your strong suit. You hope someone doesn't give you a plant. You know its chance of survival is low because you'll forget to water it. You don't have to be a master gardener to know plants need water to survive.

We are no different.

We live in a culture that celebrates busyness. But being busy is not a fruit of the Spirit. We weren't created to do it all while being everything to everyone. Yet, so many of us have believed the lie that rest is for the weak or lazy.

Just as a plant needs water to grow, so do we. We need time to rest our mind, body and soul. We need replenishment because we can't pour from an empty cup. And most importantly, we need to sit with Jesus, the Living Water, and let Him refresh us.

When was the last time you rested? Closed the laptop? Unplugged your phone? Sat in quiet solitude? Spent time with Jesus?

Positive Affirmation

As you go about your week, hold tight to these words. Repeat them as needed to eliminate negative or unhelpful thoughts that may be holding you back.

I am created in the image of God and made with purpose.

Every burden I carry can be lifted.

I serve a good God who wants Me to come to Him
and take my stress.

It is OK for me to rest. My God is bigger than any problem.

Nothing is too great that can't be overcome by the power of Jesus.

Supporting Scriptures

Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27 | NIV

Cast all your anxiety on Him because He cares for you.

1 Peter 5:7 | NIV

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.

Proverbs 3:5-6 | NIV

I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:33 | NIV

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:31 | NIV

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9 | NIV

As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Isaiah 55:9 | NIV

Whatever you have learned or received or heard from Me, or seen in Me—put it into practice. And the God of peace will be with you.

Philippians 4:9 | NIV

Bible Reading Plans

(5-day plan) [Finding Freedom From Stress](#) - Life.Church

(5-day plan) [How To Handle Burnout](#) - Time Of Grace Ministry

Bible Reading [YouVersion](#) Knowing God helps you to know yourself.

365-day Bible Recap [LINK](#)

Care Groups

[Care Groups](#) Need help carrying burdens of grief, pain, addiction...? There is help and hope through groups in the Crossing community.

Breath Prayer

[Breath Prayer Practice](#)

Apps

Virtual Hope Box - Mental Health Management Tools (free; [IOS](#) and [Android](#))

Ada - Health Management App (free; [IOS](#) and [Android](#))

Additional Resources

Book | [At Your Best](#), By Carey Nieuwhof

Book | [Embracing Rhythms of Work and Rest: From Sabbath to Sabbatical and Back Again](#), By Ruth Haley Barton

Book | [Winning the War in Your Mind: Change Your Thinking, Change Your Life](#) By Craig Groeschel

Book | [Running Scared: Fear, Worry and the God of Rest](#) - Ed Welch

Book | [Seeing with New Eyes: Counseling and the Human Condition Through the Lens of Scripture](#) - David Powlison

Music | [Rest For Your Soul](#) By Austin French

Music | [This Is the Kingdom](#) By Elevation Worship

Music | [Weeds In My Garden Playlist](#) resource from Crossing Worship