

PURPOSE CHURCH

SUNDAYS 8:30am | 10:00am | 11:30am



A BETTER WAY.

MAY 12, 2024



»»
= Fear
MARRIAGE
Change
DEPRESSION
SINGleness + DATING
WORRY

Inferiority
ANXIETY
Parenting
Stress and Burnout
ANGER

WELCOME TO PURPOSE CHURCH!

Are you new to Purpose Church?

We are so glad you are here! We want to meet you, answer any questions you might have, and help you get connected. Come to the Connect Center located in the Lobby after the service to meet our friendly team and pick up a free Purpose Church mug! For more info, head to: purposechurch.com/nextsteps

RETIREMENT UPDATES

Upcoming Town Hall Dates:

Sunday, June 2 @ 3:00pm
Wednesday, June 12 @ 6:30pm

As we enter a season of discerning what God has for us as a church, we invite you to join us in our **40 Days of Prayer**, learn more about **Membership**, and stay up-to-date with future announcements: purposechurch.com/retirement



Bounce Houses!

Food Trucks!

Fun!

purposechurch.com

Games!

SUNDAY FUN·DAY

june 9

PRAYER

We would love to pray with you! Please stop by the prayer room after the service or submit a prayer request online.
purposechurch.com/prayer

GIVING

We believe that generous people transform the world! Offering boxes are available in the lobby on Sundays or you can give online.
purposechurch.com/give

586 N. Main Street, Pomona, CA 91768 | 909.629.5277
PURPOSECHURCH.COM

DEFEATING STRESS, DISCOURAGEMENT AND BURNOUT

May 12, 2024 / Pastor Glenn Gunderson

Ecclesiastes 4:9-12

HELPING EACH OTHER UP!

WE GET KNOCKED DOWN BECAUSE OF ...

1. _____
Nehemiah 4:1-5
2. **THE** _____ **SYNDROME**
Nehemiah 4:6
3. _____
Nehemiah 4:7-9
4. **LOSS OF** _____
Nehemiah 4:10
5. **LOSS OF** _____
Nehemiah 4:10
6. **LOSS OF** _____
Nehemiah 4:11
7. _____ **THINKING**
Nehemiah 4:12

HOW DO WE GET BACK UP AGAIN?

1. **HE** _____ **THE PEOPLE AROUND THE SAME** _____.
Nehemiah 4:13
Ecclesiastes 10:10
2. **HE DIRECTED THEIR ATTENTION FROM THEIR** _____ **TO THE** _____ **!**
Nehemiah 4:14
Isaiah 40:12
3. **HE** _____ **THEM TO KEEP THEIR** _____.
Nehemiah 4:15-18
4. **HE GAVE THEM A** _____ **FOR THEIR** _____.
Nehemiah 4:19-20
5. **HE** _____ **THEM IN** _____ **OTHERS.**
Nehemiah 4:21-23

Fill in the blanks: Criticism, Halfway, Opposition, Strength, Vision, Confidence, Negative, united, vision, problems, Lord, encouraged, balance, plan, defense, involved, serving

HOLMES-RAHE Stress Test

IN THE PAST 12 MONTHS,
WHICH OF THESE HAVE HAPPENED TO YOU?

EVENT	VALUE	SCORE	EVENT	VALUE	SCORE
Death of spouse	100	<input type="checkbox"/>	Spouse begins to start		
Divorce	73	<input type="checkbox"/>	work	26	<input type="checkbox"/>
Marital separation	65	<input type="checkbox"/>	Starting or finishing school	26	<input type="checkbox"/>
Jail term	63	<input type="checkbox"/>	Change in living conditions	25	<input type="checkbox"/>
Death of close family			Revision of personal habits	24	<input type="checkbox"/>
member	63	<input type="checkbox"/>	Trouble with boss	23	<input type="checkbox"/>
Personal injury or illness	53	<input type="checkbox"/>	Change in work hours,		
Marriage	50	<input type="checkbox"/>	conditions	20	<input type="checkbox"/>
Fired from work	47	<input type="checkbox"/>	Change in residence	20	<input type="checkbox"/>
Marital reconciliation	45	<input type="checkbox"/>	Change in schools	20	<input type="checkbox"/>
Retirement	45	<input type="checkbox"/>	Change in recreational		
Change in family member's			habits	19	<input type="checkbox"/>
health	44	<input type="checkbox"/>	Change in church activities	19	<input type="checkbox"/>
Pregnancy	40	<input type="checkbox"/>	Change in social activities	18	<input type="checkbox"/>
Sex difficulties	39	<input type="checkbox"/>	Mortgage or loan under		
Addition to family	39	<input type="checkbox"/>	\$10,000	18	<input type="checkbox"/>
Business adjustment	39	<input type="checkbox"/>	Change in sleeping habits	16	<input type="checkbox"/>
Change in financial status	38	<input type="checkbox"/>	Change in number of		
Death of close friend	37	<input type="checkbox"/>	family gatherings	15	<input type="checkbox"/>
Change in number of			Change in eating habits	15	<input type="checkbox"/>
marital arguments	35	<input type="checkbox"/>	Vacation	13	<input type="checkbox"/>
Mortgage or loan over			Christmas season	12	<input type="checkbox"/>
\$10,000	31	<input type="checkbox"/>	Minor violation of the law	11	<input type="checkbox"/>
Foreclosure of mortgage					
or loan	30	<input type="checkbox"/>			
Change in work					
responsibilities	29	<input type="checkbox"/>			
Son or daughter leaving home	29	<input type="checkbox"/>			
Trouble with in-laws	29	<input type="checkbox"/>			
Outstanding personal					
achievement	28	<input type="checkbox"/>			

Total

☐ Under 150: 37%

☐ 150-300: 51%

☐ Over 300: 80%