

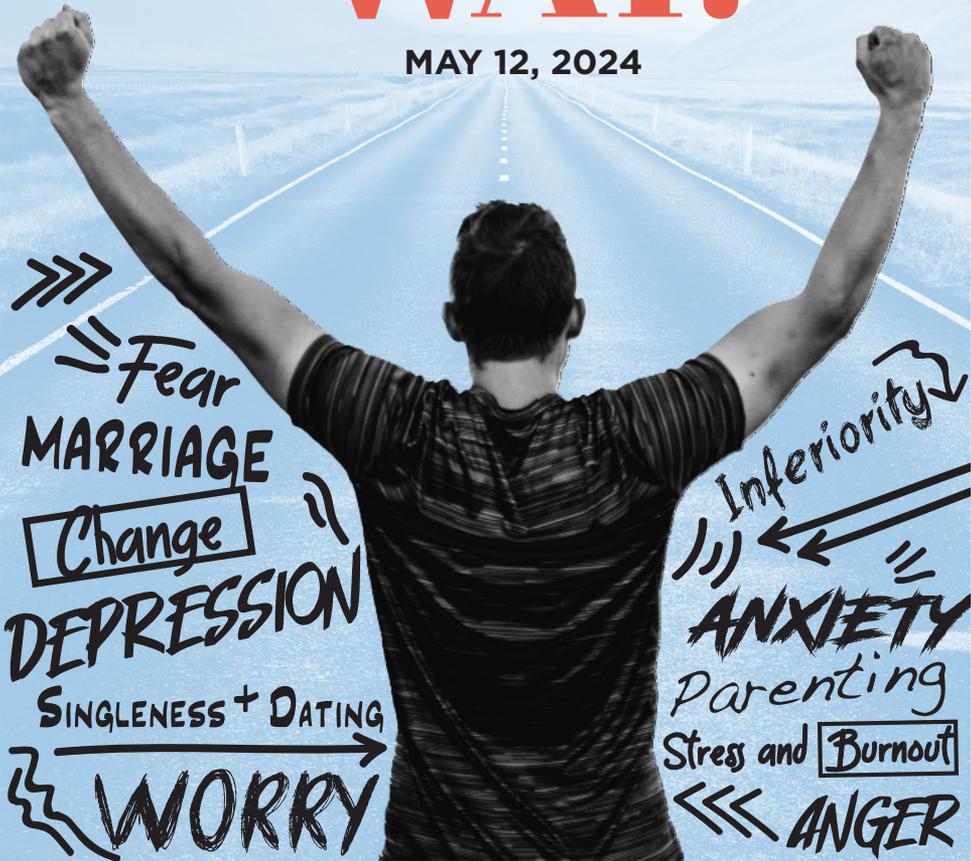
PURPOSE CHURCH

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

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

| | | |
|--------------------------|-------------------|------------|
| <input type="checkbox"/> | Under 150: | 37% |
| <input type="checkbox"/> | 150-300: | 51% |
| <input type="checkbox"/> | Over 300: | 80% |