

MENTAL HEALTH VACCINATIONS – PART IV

“The vaccine of Stillness”

Busy, busy, busy! That is a description of life in America. Most people are always on the go, trying to multitask five things at once and have little time to adequately care for themselves. Excessive busyness is a mental virus that can put one in a dark place and rob you of joy, wear you out physically, emotionally, and spiritually. The cure for this dreaded virus is a dose of stillness in the presence of the Lord, which will replenish, rejuvenate, and revive the tired soul.

DEFINITION OF MEDITATION

To think deeply or focus one's mind on a specific topic in silence and stillness for a time.

#1. THE SYMPTOMS OF THE VIRUS OF OVERSTILUMATION

- A. Physical malady's
- B. Psychological problems
- C. Emotional depletion
- D. Spiritual disturbances
- E. The example of Elijah – burnout!, 1 Kings 19:1-5

#2. THE VACCINE FOR OVERSTILUMATION IS ESTABLISHING THE PRACTICE OF REST

- A. God initiated the Sabbath in creation, Gen 2:1-3
- B. God initiated the Sabbath for rest, Exo 20:8-11
- C. God initiated the Sabbath for enjoyment
- D. God initiated the Sabbath for worship
- E. God initiated the Sabbath to prevent burnout

ANSWERS: Memorize, Rest & Relaxation, Meditating, Still, Listen.

#3. THE VACCINE FOR OVERSTIMULATION IS TO MEDITATE ON GOD'S WORD, Psalm 119

- A. Meditating on God's word gives the soul strength, v. 28, Ps 19:7-8
- B. Meditating on God's word gives us freedom, v. 45
- C. Meditating on God's word gives us delight, v. 47
- D. Meditating on God's word gives us comfort, vv. 76-77
- E. Meditating on God's word gives us stamina, vv. 92-93
- F. Meditating on God's word gives us wisdom, vv. 98, 130
- G. Meditating on God's word gives us guidance, v. 105
- H. Meditating on God's word gives us peace, v. 165

#4. THE VACCINE FOR OVERSTIMULATION IS TO MEDITATE ON GOD'S WORKS, Ps 77:11-12

- A. God tells us to remember on his mighty works, Ps 77:12
- B. God tells us to Meditate his mighty works, Ps 145:4-7
- C. God tell us to proclaim his mighty works, Ps 145:4-6

#5. THE VACCINE FOR OOVERSTIMULATION IS TO BE STILL BEFORE THE LORD

- A. The example of Jesus, Luke 6:12
- B. The example of Joshua, Jos 1:8
- C. The example of Moses, Exodus 14:13-14
- D. The example of David, Ps 37:1 & 7, 131:2

#6. ACTION STEPS TO STILLNESS INOCULATION

- A. _____ Scripture about rest / stillness
- B. Set regular times for _____
- C. Set regular times for _____ on God's word & works
- D. Set regular times to be _____ before the Lord
- E. Learn to _____ to God's voice

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DISCUSSION QUESTIONS

- #1. Discuss the symptoms of overstimulation and burnout.
- #2. Have you ever experienced these symptoms in your life? What was it like?
- #3. What happened to Elijah that caused him to say, “God I’ve had enough.”
- #4. For what purpose did God initiate the Sabbath?
- #5. Does American Christian culture see a red flag over the practice of meditation? Explain your answer.
- #6. What benefits of meditation has the scientific community identified?
- #7. What are the benefits of meditating on God’s word?
- #8. What are the benefits of meditating on God’s works?
- #9. Discuss the example of stillness in Exodus 14:13-14.
- #10. Discuss the Lord’s instructions to Joshua. (Joshua 1:8)
- #11. Discuss the actions steps to stillness. (Point #6 on the outline)
- #12. What is your takeaway from this teaching?

Welcome *to* ***Hillcrest Church!***

Happy Father’s Day

GIVING GOD OUR BEST – 2021!

***Your word is a lamp for my feet,
a light on my path.***

Psalms 119:105

June 20, 2021

Pastor Bruce Guckelberg