

“

Cursed in the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord!

That person will be like a bush in the wastelands; they will not see prosperity when it comes. They will dwell in the parched places in the desert, in a salt land where no one lives.

Jeremiah 17: 5-6


7

2.

WHAT DOES IT LOOK LIKE TO BE A BUSH?

Share an example from Scripture that comes to mind

Bubble
Unbelieving
Stressed
Helpless



BUBBLE THINKING

Realist

- Perfection
- Control
- Judgmentalism

- Genesis 3
- Isaiah 53
- Matthew 7

Magical thinking

- Fortune telling
- Self-protection


10

When we put aside our stories, pretense, and judgement,

Love

can be restored.

UNBELIEF



Faithless

Judges 6 - Gideon

12

Your Comfort Zone →

Where the magic happens

13

STRESSED

Anxiety

Binge

Procrastination

Matthew 11:28-30
My yoke is easy!

14

When you feel poisoned by stress, pressure, pain, or failure, the best antidote is prayer. Nothing more, nothing less.

Pray, God can hear you.

15

HELPLESSNESS

Victim

Blame - Self or others

Catastro phizing

Emotional reasoning

16

The Victim
sadness

The Rescuer
fear

The Persecutor
anger

“
JEREMIAH 15:18

Why is my pain unending and my wound grievous and incurable?
You are to me like a deceptive brook like a spring that fails.

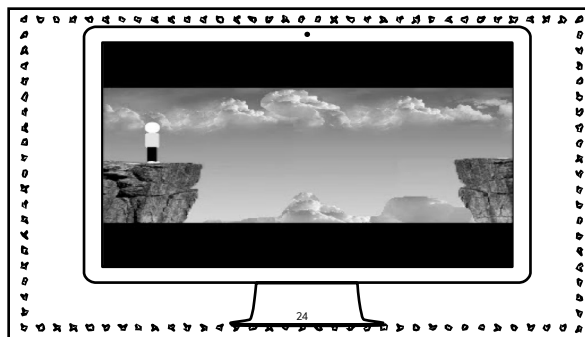
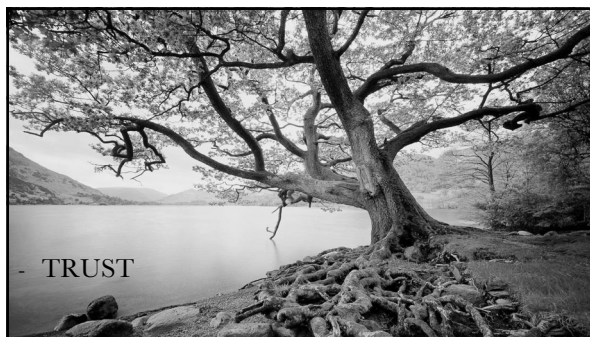
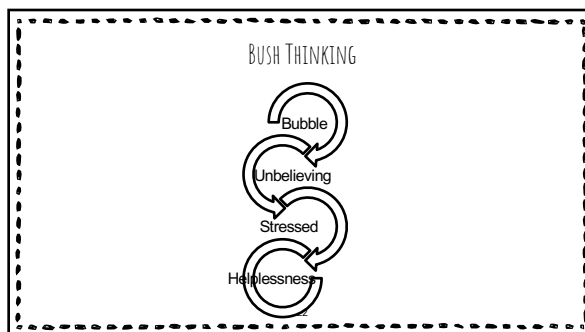
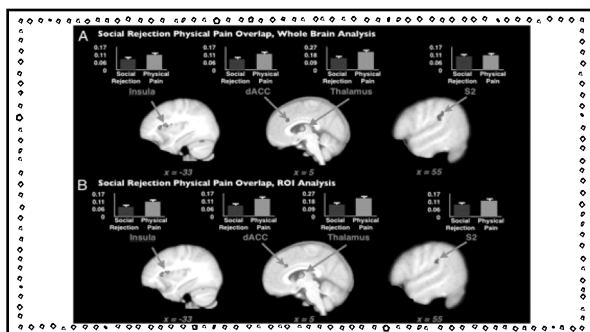
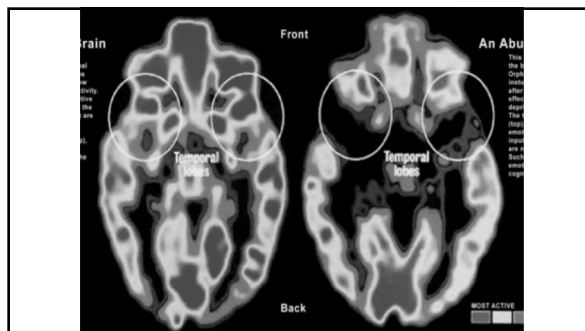
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18

JEREMIAH 15: 19

Therefore this is what the LORD says: "If you **repent**, I will restore you that you may serve me; if you utter worthy, not worthless, words you will be my spokesman. Let this people turn to you, but you must not turn to them.

20 I will make you a wall to this people, a fortified wall of bronze; they will fight against you but will not overcome you, for I am with you to rescue and save you," declares the LORD.

19

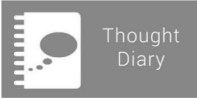


Quiet Time Routine


Ready - 3
 Read - 10
 Reflect - 3
 Record - 3
 Resolve - 2
 Remember - 4
 Reply - 10




Apps



Thought
Diary




Fear Tools




THE 5-MINUTE
JOURNAL APP


RESOURCES & REFERENCES – BOOKS




DEALING WITH THE
rejection & praise
OF MAN
BOB SORGE



My Spiritual Discovery
Online Course
MySpiritualDiscovery.com
A video version of the book



HEALING OF A
WOUNDED
IDEALIST
A practical guide to the spiritual path
A course in Jesus' secret



Judgment Detox
Gabrielle Bernstein



THANKS FOR COMING!

Any questions?

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