

# Learning To Manage Your Life, So It Doesn't Manage You!

- I. Facts About Women's Health Today
  - a. More than 6,000,000 women claim to be **burnt out!**
  - b. 30% of women in USA have high blood pressure
    - i. "Silent Killer" → 1,000 deaths/day
  - c. 2 out of 3 women in USA are considered to be **OBESE!**
    - i. Obesity is major risk factor for Heart Disease, Diabetes, Cancer, Stroke...
  - d. >260,000,000 women worldwide Dx with **Anxiety Disorder!**
  - e. 1 out of every 4 women battle **Depression!**
  
- II. So what causes our life to become out of control to the point that they end up **Managing Us?!!!**
  - a. **Being Entangled by the World/Culture!**
    - i. *James 4:4*
    - ii. *Galatians 5:1-2*
  - b. **Our Personality!**
    - i. *1 Peter 3:6*
  - c. **Managing the Wrong Things!**
  - d. **Managing TOOOOO Many Things!**

ALL THESE THINGS LEAD US TO **BURNOUT!!!**

- III. SO WHAT DO WE DO TO STOP this vicious cycle?!!!
  - a. **Rebuke the Wind and the Waves!!!**
    - i. *Mark 4:37-40*
  - b. **Maintain a Reserve!!!**
    - i. *Matthew 25:1-13*
    - ii. *Titus 2:11-12 (we must learn to say NO)*
  - c. **Trim Our Lamps!!!**
    - i. *Psalms 119:96 (ESV) → Everything has limits*
    - ii. *1 Corinthians 6:12*
  - d. **Refuel Regularly!!!**
    - i. *Matthew 11:28 (The Message)*
      - a. Getting "Oil" from Jesus will **COST** you something!
        1. What you **value**, you **sacrifice** for!
      - b. Getting "Oil" from Jesus takes **TIME!**
    - ii. *Psalms 119:11*
      - a. **SLOW DOWN** to hide God's Word in your heart!
    - iii. *Deuteronomy 5:12-15*
      - a. **SLOW DOWN** to take a **SABBATH** once a week!
    - iv. *1 Timothy 6:17b*
      - a. **SLOW DOWN** to let Jesus **LOVE YOU!**

**Decide today to be a woman who will not allow her life to manage her to the point of complete burnout!**

**You do not have to live a life that is out of control like the rest of the world!**

**You are free to live differently in Christ!**

**You have been given a gift by God to choose how to manage your life!**