

# **Running On Empty**

## **What Me, Worry? series**

### **by Chris Famisaran**

Philippians 4:4-7, Philippians 1:12-13, Acts 16

Have you ever experienced discouragement & burnout?

When things do not go the way you planned...Good

#### **Healthy Perspective**

1. Be thankful
2. How can I look at this from a different angle?
3. Reach out to a confidant to get perspective.
4. What purpose or meaning can I take from this lesson?
5. Are you taking care of yourself?

Reflection: What challenges do you face that hold you back from giving God praise?

Challenge: Rejoice and keep a healthy perspective as you wait for God to open doors.