

What to Do When You are in a Funk

What is it?

Funk: A state of cowardly _____; a panic; state of severe _____.

How did we get there? _____

What not to do while in a funk?

- Make major life _____
- Say to your spouse, " _____?"
- Drive in _____
- _____

What to do while in a funk? (Psalm 138:1-3)

1. Give _____
 - a. _____ (Ps. 27:1)
 - b. Soon Coming _____ (Rev. 3:11)
 - c. Five _____
2. _____ Down
 - a. _____ Yourself (James 4:6-7)
 - b. Recognize Who He is
 - c. Recognize Who You are
3. Seek His _____
 - a. Personal (Zeph. 3:17)
 - b. _____
 - c. Available
4. Remember His _____ (II Tim. 2:13)
 - a. In Your _____
 - b. In the Lives of Your Friends
 - c. In the _____
5. Believe in His _____
 - a. _____ (all present)
 - b. _____ (all knowing)
 - c. _____ (all powerful)
6. Meditate on His Word
 - a. Scripture _____ (II Tim. 3:16-17)
 - b. _____ on CD
 - c. _____ on DVD
7. Do the Next Right _____