

**Sermon Notes**

**September 8, 2024**

**Series: There's Nothing Like Being Free**

**#2 GETTING UNSTUCK EMOTIONALLY**

***Intro Verse: I Kings 19:4; Jeremiah 17:9; Proverbs 28:26***

**1. Start taking care of yourself - I Corinthians 6:19**

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**2. Reach out to others. - I Peter 4:10; Proverbs 16:24**

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**3. Continue to seek the presence of God - Isaiah 40:31**

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