**CREEKSIDE’S TEACHING NOTES for Sunday, October 21, 2018**

**BREAKOUT**

**“Remember . . . You Matter to God”**

**Blessed are those who mourn,**

**for they will be comforted.**

Matthew 5:4

Hurts 🡪 Hang-Ups 🡪 Habits

***God knows me.***

***God loves me.***

***He has the power to help me Break Out!***

Psalm 23 teaches us that God’s power is available to . . .

**1. REFRESH ME:**

**He makes me lie down in green pastures,   
       he leads me beside quiet waters,**

**he refreshes my soul.**

Psalm 23:2-3

**"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."**

Jesus in Matthew 11:28-30

**2. GUIDE ME:**

**He guides me along the right paths   
       for his name's sake.**

Psalm 23:3b

**3. PROTECT ME:**

**Even though I walk   
       through the darkest valley,  
       I will fear no evil,   
       for you are with me;   
       your rod and your staff,   
       they comfort me.**

**You prepare a table before me   
       in the presence of my enemies.**

Psalm 23:4-5a

**4. HEAL ME:**

**You anoint my head with oil my cup overflows.**

Psalm 23:5b

“The only power my habit, my hang-up, my hurt has

is the power I give it.”

**5. BLESS ME:**

**Surely your goodness and love will follow me   
       all the days of my life,   
       and I will dwell in the house of the LORD   
       forever.**

Psalm 23:6

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***God loves me.***

***He has the power to help me Break Out!***

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