**CREEKSIDE’S TEACHING NOTES for Sunday, November 25, 2018**

**BREAKOUT**

**Uphold Your Freedom**

RELAPSE

**1. THE PHYSICAL GUAGE:**

**Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is true worship.**

Romans 12:1-2

**Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.**

1 Corinthians 6:19-20

How Do We Keep the Physical Gauge Full?

* Regular Exercise
* Balanced Diet
* Proper Rest
* Medical Check-ups

**2. THE EMOTIONAL GAUGE:**

**Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."**

1 Kings 19:1-2

1. Fear:

**Elijah was afraid**

1 Kings 19:3a

2. Flight:

**and ran for his life.**

1 Kings 19:3b

3. Isolation:

**Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness.**

1 Kings 19:3-4

4. Despair:

**He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."**

1 Kings 19:4

God addresses his emotionally low state:

Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

1 Kings 19:5-6

**3. THE SPIRITUAL GAUGE:**

**Take the time and trouble to keep yourself spiritually fit.**

1 Timothy 4:8 (Phillips)

**But David found strength in the LORD his God.**

1 Samuel 30:1-6

**A new commandment I give you; Love one another as I have loved you so you must love one another.**

Jesus - John 13:34

**4. THE RELATIONAL GAUGE:**

* Forgive
* Make amends
* Be accountable

**Two are better than one, because they have a good return for their labor: If they fall down, they can help each other up. But pity those who fall and have no one to help them up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.**

Ecclesiastes 4:9-12

