



The Notes

RIGHT HERE. RIGHT NOW

Part 3: “Is ‘Stop, Drop & Roll’ Still a Thing?”

August 17, 2025

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**WHEN I FEEL LIKE I’M IN DANGER OF
BURNING OUT, I NEED TO IMMEDIATELY...**

1. ...STOP PUTTING MYSELF IN _____.

“Keep away from people who talk too much.
They will tell everybody about your secrets.”

Proverbs 20:19 (EASY)

“Watch your tongue and keep your mouth shut,
and you will stay out of trouble.”

Proverbs 21:23 (NLT)

“Stay away from foolish and stupid arguments.
You know that these arguments grow into
bigger arguments. As a servant of the Lord,
you must not argue. You must be kind to
everyone. You must be a good teacher, and
you must be patient.”

2 Timothy 2:23-24 (ERV)

“If anyone is causing divisions among you, he
should be given a first and second warning.
After that have nothing more to do with him,”

Titus 3:10 (TLB)

2. ...DROP _____ THAT ISN'T
ADDING TO MY _____.

“Become wise by walking with the wise; hang out with fools and watch your life fall to pieces.”

Proverbs 13:20 (MSG)

“Some of you may say, ‘We are free to do anything that we want to do!’ But not everything is good for you to do. You may say, ‘We are free to do anything!’ But not everything helps you to be strong as a believer.”

1 Corinthians 10:23 (EASY)

“Jesus and his followers were in a very busy place. There were so many people that he and his followers did not even have time to eat. He said to them, ‘Come with me. We will go to a quiet place to be alone. There we will get some rest.”

Mark 6:31 (ERV)

3. ...ROLL WITH A _____ OF DOING
THINGS.

“If the Lord doesn’t build a house, the work of the builders is useless. If the Lord doesn’t watch over a city, it’s useless for those on guard duty to stand watch over it. It’s useless for you to work from early morning until late at night just to get food to eat. God provides for those he loves even while they sleep.”

Psalms 127:1-2 (NIRV)

“Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of

honor in His service] at the appropriate time, casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].”

1 Peter 5:6-7 (AMP)

“Instead, always think about the things that are important in the kingdom of heaven. Always do what God shows you is right. Then he will also give you the things that you need each day.”

Matthew 6:33 (EASY)