

SONBURN

(Job 30:15-17, 20-21, 26-28) *"Terrors overwhelm me; my dignity is driven away as by the wind, my safety vanishes like a cloud. And now my life ebbs away; days of suffering grip me. Night pierces my bones; my gnawing pains never rest." "I cry out to You for help, but You do not answer me; I stand up, and You turn Your attention against me. You have become cruel to me; With the might of Your hand You persecute me." "When I expected good, then evil came. When I waited for light, then darkness came. I am seething within and cannot relax; Days of affliction confront me. I go about mourning without comfort; I stand up in the assembly and cry out for help."*

Peeling

(Job 30:30) *"My skin grows black and peels; my body burns with fever."*

✓ _____

(Job 10:1) *"I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul."*

(Psalm 69:3) *"I am worn out calling for help; my throat is parched. My eyes fail, looking for my God."*

✓ _____

(Proverbs 22:24 NLT) *"Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul."*

(Ephesians 4:19) *"Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more."*

✓ _____

(Romans 7:15) *"I do not understand what I do. For what I want to do I do not do, but what I hate I do."*

(2 Timothy 4:3) *"...to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear."*

How to Deal with the Peel

1. _____

(Proverbs 16:32 NLT) *"Better to be patient than powerful; better to have self-control than to conquer a city."*

(Matthew 11:29 NLT) *"Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."*

2. _____

(Hebrews 10:24 NLT) *"Let us think of ways to motivate one another to acts of love and good works."*

(Galatians 6:1-3 NLT) *"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important."*

3. _____

(John 7:37-39 NLT) *"On the last day, the climax of the festival, Jesus stood and shouted to the crowds, 'Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'" (When he said 'living water,' he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given, because Jesus had not yet entered into his glory)."*

(Psalm 119:11 NLT) *"I have hidden your word in my heart, that I might not sin against You."*

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Peeling

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✓ DRYNESS

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(Psalm 69:3) *"I am worn out calling for help; my throat is parched. My eyes fail, looking for my God."*

✓ SENSITIVITY

(Proverbs 22:24 NLT) *"Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul."*

(Ephesians 4:19) *"Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more."*

✓ ITCHING

(Romans 7:15) *"I do not understand what I do. For what I want to do I do not do, but what I hate I do."*

(2 Timothy 4:3) *"...to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear."*

How to Deal with the Peel

1. MOISTURIZE

(Proverbs 16:32 NLT) *"Better to be patient than powerful; better to have self-control than to conquer a city."*

(Matthew 11:29 NLT) *"Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."*

2. COOL The Itch.

(Hebrews 10:24 NLT) *"Let us think of ways to motivate one another to acts of love and good works."*

(Galatians 6:1-3 NLT) *"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important."*

3. HYDRATE.

(John 7:37-39 NLT) *"On the last day, the climax of the festival, Jesus stood and shouted to the crowds, 'Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'" (When he said 'living water,' he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given, because Jesus had not yet entered into his glory)."*

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