



GUARDRAILS

GETTING YOUR LIFE BACK ON TRACK

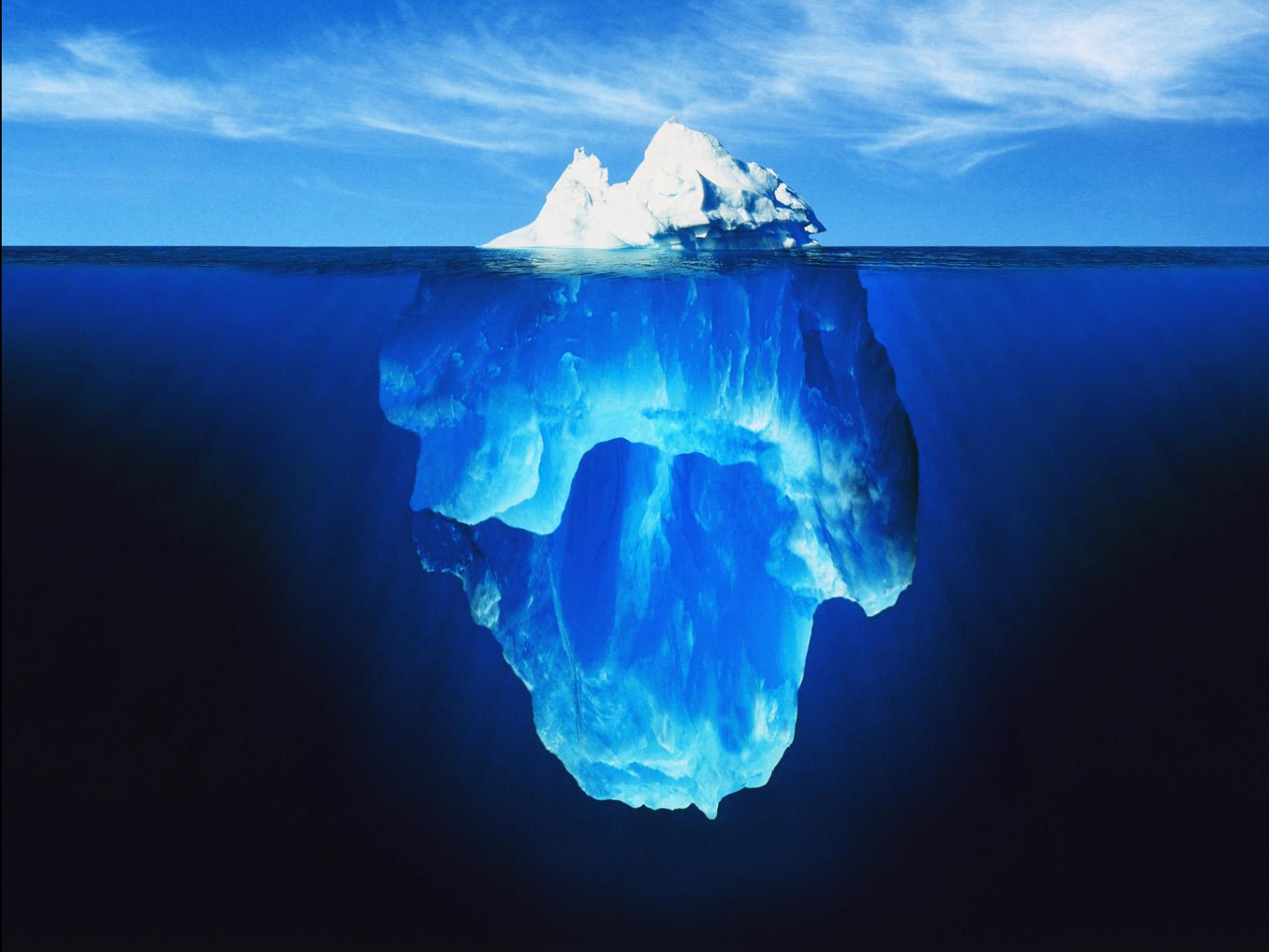
EMOTIONS

simplify.

ten practices to unclutter your soul

BILL HYBELS

bestselling author of *The Power of a Whisper* and *Too Busy Not to Pray*



Keep your emotions between the guardrails





Ahab: King of Israel
Jezebel: wife of Ahab
Elijah: prophet of God







Keep your emotions between the guardrails

Keep perspective (I Kings 19:1-8)



Keep your emotions between the guardrails

Keep perspective (I Kings 19:1-8)

Meet with God (I Kings 19:9-14)



Keep your emotions between the guardrails

Keep perspective (1 Kings 19:1-8)

Meet with God (1 Kings 19:9-14)

Go forward (1 Kings 19:15-18)

Take heart (2 Kings 2:11, Matthew 17:3)



