

REDUCING THE PRESSURE

"COME to Me, all you that are weary and are carrying heavy burdens, 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 Matt. 11:28-30 (RSV)

HOW TO LIGHTEN YOUR LOAD

1. COME TO CHRIST

"Come to Me, all you that are weary and are carrying heavy burdens, and I will give you rest." Matt. 11:28 (RSV)

"God energizes those who get tired, and gives fresh strength to dropouts... Those who wait upon God get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind." Isa. 40:29-31 (Mes)

"Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace." Matt. 6:6 (Mes)

"Oh, the utter extravagance of His work in us who trust Him - endless energy, boundless strength! All this energy issues from Christ." Eph. 1:19-20a (Mes)

"Jesus overheard and said, "Don't be upset. Just trust Me and everything will be all right." Luke 8:50 (Mes)

2. GIVE UP CONTROL

"Take My yoke upon you..." Matt. 11:29a (NIV)

"For My yoke is easy, and My burden is light." Matt. 11:30 (NIV)

o A YOKE IS A SYMBOL OF PARTNERSHIP

"Pile your troubles on God's shoulders - He'll carry your load and help you out." Ps. 55:22 (Mes)

REDUCING THE PRESSURE

o A YOKE IS A SYMBOL OF SUBMISSION

"Since we live by the Spirit, let us keep in step with the Spirit."
Gal. 5:25 (NIV)

When I'm "yoked" with Christ, we move together in the same DIRECTION and
at the same PACE

"Our lives get in step with God by letting Him set the pace." Rom. 3:28 (Mes)

"If even the smallest things are beyond your control, why are you anxious about the rest?"
Luke 12:26 (NAB)

3. LEARN TO TRUST!

"... Learn from Me; for I am gentle and humble in heart, and you will find rest for your souls." Matt. 11:29b (NIV)

Greatest Causes of Stress: God's Antidote

o AGGRESSION

o GENTLE

o ARROGANCE

o HUMBLE

"Since the Lord is directing our steps, why try to understand everything that happens along the way?" Pr. 20:24 (LB)

"When I am ready to give up, He knows what I should do." Ps. 142:3 (GN)

"Keep your lives free from the love of money, and be satisfied with what you have. For God has said, I will never leave you; I will never abandon you." Heb. 13:5 (TEV)

"My soul finds rest in God alone; my salvation comes from Him." Ps. 62:1 (NIV)

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