

STOP STRESSING **Spiritually Charged p???**

"If my misery could be weighed, if you could pile the whole bitter load on the scales, it would be heavier than all the sand of the sea! Is it any wonder that I'm screaming like a caged cat?" Job 6:2-3 (Mes)

"COME to Me, all of you who are tired from carrying heavy loads, and I will give you rest. TAKE My yoke and put it on you, and LEARN from Me, because I am gentle and humble in spirit; and you will find rest for your souls. For the yoke I will give you is easy, and the load I will put on you is light." – Jesus Matt. 11:30 (TEV)

HOW TO LIGHTEN YOUR LOAD

1. COME TO JESUS!

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

"He gives power to those who are tired and worn out; He offers strength to the weak... Those who wait on the LORD will find new strength." Isaiah 40:29+31 (NLT)

"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)

"The Spirit that God has given you does not make you slaves and cause you to be afraid; instead, the Spirit makes you God's children, and by the Spirit's power we cry out to God, "Father! My Father!"" Romans 8:15

2. GIVE UP CONTROL!

THE YOKE IS A SYMBOL OF **PARTNERSHIP** and **CONTROL**

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

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

"For My yoke fits perfectly" (NLT)

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

When I'm "yoked" with Christ, we move together in the same **DIRECTION**
& the same **TIME**.

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

“Our lives get in step with God by letting Him set the pace.” Rom. 3:28 (Mes) “Say thank You to the Lord for being so good, for always being so loving and kind.” Ps. 107:1 (LB)

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)

“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)

“Jesus personally carried the load of our sins in His own body when He died on the cross so that we can be finished with sin and live a good life from now on.” 1 Peter 2:24 (LB)

