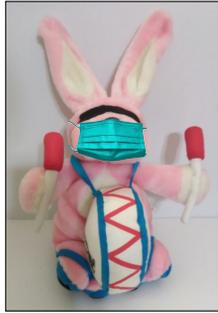


Re-Energizing your Life

Reducing the Pressure

Inspired by Rick Warren



"Come to me, all you who are weary and burdened, 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." **Matthew 11:28-30 (NIV)**

_____ to Jesus

"Come to me, all you who are weary and burdened, and I will give you rest.

"He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." **Isaiah 40:29-31, (NLT)**

"Here's what I want you to do: 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." **Matthew 6:6 9 (The Message)**

_____ to Jesus

"Take my yoke upon you"

A yoke is an illustration of

P _____

A yoke is an illustration of

C _____

*Pile your troubles on GOD's shoulders— he'll carry your load, he'll help you out. **Psalm 55:22 (MSG)***

*"God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan. And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth."
Ephesians 1:9–10 (NLT)*

_____ from Jesus

*"For God has revealed his grace for the salvation of the whole human race. That grace instructs us to give up ungodly living and worldly passions, and to live self-controlled, upright, and godly lives in this world," **Titus 2:11–12 (GNB)***

"learn from me, for I am gentle and humble in heart,"

Two biggest Stressors A _____
and A _____

*"My sheep listen to my voice; I know them, and they follow me." **John 10:27 (NIV84)***