

10 June 2007



# Lightening Your Load

When Running on Empty!- Part 2

*"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 our souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)*

## Three Important Words: Come, Take and Learn

1. **COME TO** \_\_\_\_\_ (Isaiah 40:29, 31)

*"Wait on the Lord" (Matthew 6:6)*

2. **GIVE UP** \_\_\_\_\_

*"Take my yoke upon you." (Psalm 107:1)*

3. **LEARN TO** \_\_\_\_\_

*"learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

**Two biggest causes of stress in your life:**

A \_\_\_\_\_ and A \_\_\_\_\_