

Running On Empty Part 2

We Need To Balance How Much Fuel We Have And How Much Weight We Carry

*If you want to go further on the fuel you have,
then you must reduce the weight you carry.*

If misery could be weighed and if you could pile the whole bitter load on the scales; it would be heavier than all the sands of the sea! Is it any wonder I'm screaming like a caged cat?

Job 6:2-4 Msg.

Jesus said, 'Come to Me all you who are tired from carrying heavy loads and I will give you rest. Take My yoke upon 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.' **Matthew 11:28-30**

Come - Take - Learn

Jesus' Three Principles of Stress Management

The Lord 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**

God is there anything You want to say to me?

Find a quiet, secluded place so you won't be tempted to role - play before God. Just be there as simply as honest as you can manage. And the focus will shift from you to God and you will begin to sense His grace. **Matthew 6:6-7 Msg.**

The greater my need to control, the more stressed my life is going to be.

"Take, my yoke upon you." **Matthew 11:29**

If you feel overloaded right now, it means you are not letting Jesus carry His part.

Pile your troubles on God's shoulders and He'll carry your load and help you out. **Psalm 55:2**

Since we live by the Spirit let us keep in step with the Spirit. **Galatians 5:25 Msg.**

Our lives get in step with God by letting Him set the pace. **Romans 3:28 Msg.**

God says the answer is:
Come to Me and give up control

Jesus said, *"Learn from Me for I am gentle and humble at heart and you will find rest for your soul."* **Matthew 11:29**

JESUS' INVITATION

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