

REDUCING THE PRESSURE

EVERYTHING YOU NEED TO KNOW
ABOUT STRESS MANAGEMENT IS IN
THESE NEXT 3 VERSES

I AM GOING TO FOCUS ON 4 WORDS
FROM THESE VERSES FOR THIS STUDY

Matt. 11:28-30 (RSV) [Jesus](#)

“**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**.” -

IF YOU DO THE FIRST THREE
COME, TAKE, AND LEARN
THE BIBLE SAYS YOU WILL
FIND REST FOR YOUR SOULS.

HOW TO LIGHTEN YOUR LOAD

1ST STEP

COME - TO CHRIST

FOR REST - STRESS REDUCTION

Matt. 11:28 (RSV)

"COME TO ME, all you that are WEARY and are CARRYING HEAVY BURDENS, and I WILL GIVE YOU REST."

Isa. 40:29-31 (Mes)

"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."**

Matt. 6:6 (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."**

Eph. 1:19-20a (Mes)

"Oh, the utter EXTRAVAGANCE of His work in us who trust Him – **endless energy, boundless strength! ALL THIS ENERGY ISSUES FROM CHRIST."**

Luke 8:50 (Mes)

"Jesus overheard and said, "DON'T BE UPSET. Just TRUST ME and EVERYTHING will be all right."

2ND STEP

YOU GIVE UP CONTROL AND TAKE JESUS' YOKE

Matt. 11:29a (NIV)

“TAKE My yoke upon you...”

Matt. 11:30 (NIV)

“For MY YOKE IS EASY, and MY BURDEN IS LIGHT.”

WHY A YOKE?

1st - A YOKE IS A SYMBOL OF PARTNERSHIP

Ps. 55:22 (Mes)

“Pile your troubles ON GOD'S SHOULDERS - He'll carry your load and help you out.”

2nd - A YOKE IS A SYMBOL OF SUBMISSION OR SURRENDER

Gal. 5:25 (NIV)

“Since we live by the Spirit, let us KEEP IN STEP with the Spirit.”

**WHEN YOU'RE “YOKED” WITH CHRIST,
YOU MOVE TOGETHER
IN THE SAME DIRECTION AND
AT THE SAME PACE**

Rom. 3:28 (Mes)

“Our lives get in step with God by LETTING HIM SET THE PACE.”

Luke 12:26 (NAB)

“If even the smallest things are BEYOND YOUR CONTROL, why are you ANXIOUS ABOUT THE REST?”

3RD - AND - 4TH STEP

LEARN TO TRUST *AND* FIND REST

Matt. 11:29b (NIV)

“... LEARN from ME; for I am GENTLE and HUMBLE in heart, and you will FIND REST FOR YOUR SOULS.”

GREATEST CAUSES OF STRESS

AGGRESSION

ARROGANCE

GOD'S ANTIDOTE

GENTLENESS

HUMILITY

Pr. 20:24 (LB)

“Since the LORD IS DIRECTING OUR STEPS, why try to understand everything that happens along the way?”

Ps. 142:3 (GN)

“When I am ready to give up, HE KNOWS WHAT I SHOULD DO.”

Heb. 13:5 (TEV)

“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.’”

Ps. 62:1 (NIV)

“My soul FINDS REST IN GOD ALONE; my SALVATION comes from HIM.”

COME, TAKE, LEARN AND FIND