

“LIGHTENING YOUR LOAD”

(Running on Empty)

Introduction:

Job 6:2-3 (The Message) “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 am screaming like a caged cat?”

Matthew 11:30 (TEV) “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.”

THREE PRINCIPLES FROM JESUS TO LIGHTEN YOUR LOAD

1. _____ TO JESUS.

Isaiah 40: 29-31 (NLT) “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.”

- Come to Jesus for _____ (for your soul)
- Antidote to overload is to _____ (on the Lord).
- The Answer to stress is a _____.
- God puts thoughts into your mind: _____
- Satan puts thoughts into your mind: _____
- Read the Bible’s reference work on overload:

2. _____ CONTROL

Matthew 11:30 (NIV) “For My yoke is easy and My burden is light.”
Matthew 11:30 (NLT) “For my yoke fits perfectly.”

- What is a yoke? Wood that brings ____ animals together.
- Yoke symbolizes a _____.
- Yoke symbolizes _____.

Psalms 55:2 (The Message) “Pile your troubles on God’s shoulders. He will carry your load and help you out.”

- The key is to be yoked to Christ.
 1. Same _____
 2. Same _____

- Yokes from Jesus will fit _____.

3. _____ TO TRUST JESUS.

Matthew 11:29 (NIV) “Learn from Me; for I am gentle and humble in heart, and you will find rest for your soul.

- Two biggest causes of stress in your life.

1. A _____ (Gentle)

2. A _____ (Humble)

- Aisle... Altar... Hymn!

I Peter 2:24 (LB) “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.”

- Your greatest weight is _____ from God.
- Yoke yourself with Jesus through _____.