

**Series: From Burnout to Balance - part 4**  
**"HOW TO LIGHTEN YOUR LOAD"**

"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." – Jesus Matt. 11:28-30 (RSV)

**HOW TO LIGHTEN YOUR LOAD**

**1. TURN TO JESUS**

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." Matt. 11:28 (RSV)

"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." Isa. 40:29,31(NLT)

"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." Matt. 6:6 (Mes)

**2. GIVE UP CONTROL**

"Take My yoke upon you..." Matt. 11:29a (NIV)

"For My yoke is easy, and My burden is light." Matt. 11:30 (NIV)

"Pile your troubles on God's shoulders – He'll carry your load and help you out." Ps. 55:22 (Mes)

*When I'm "yoked" with Christ, we move together in the same DIRECTION and at the same PACE*

"Since we live by the Spirit, let us keep in step with the Spirit." Gal. 5:25 (NIV)

"Our lives get in step with God by letting Him set the pace." Rom. 3:28 (Mes)

**3. LEARN TO TRUST**

"... Learn from Me; for I am gentle and humble in heart, and you will find rest for your souls." Matt. 11:29b (NIV)

WHAT CAN WE LEARN FROM JESUS?

GENTLENESS and HUMILITY

Two of the greatest causes of overload in your life are

AGGRESSION and ARROGANCE

"Since the Lord is directing our steps, why try to understand everything that happens along the way." Pr. 20:24 (LB)

"When I am ready to give up, He knows what I should do." Ps. 142:3 (GN)