

# FINDING TRUE REST WHEN YOU'RE STRESSED

Matthew 11:28-30

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## Bottom Line:

Stress and anxiety are two of the greatest causes of dysfunction in the world today. Jesus calls believers to trust in Him and walk in a manner that keeps stress from debilitating and paralyzing our lives.

1. *"Come to Me": Approach Christ with a \_\_\_\_\_, \_\_\_\_\_ heart. Matthew 11:28*

A. What Christ offers is a life with true \_\_\_\_\_.

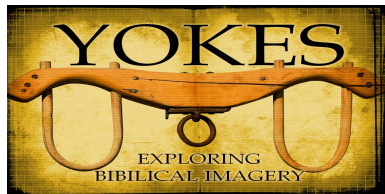
B. What Christ offers is a life with real \_\_\_\_\_.

2. *"Take My Yoke": Allow Jesus to \_\_\_\_\_ you in moment by moment decisions. Matthew 11:29*

"yoke" conveys:

A. \_\_\_\_\_ with Christ.

B. DIRECTION from Christ



C. \_\_\_\_\_ with Christ.

3. *"Learn from Me": Duplicate the \_\_\_\_\_ and \_\_\_\_\_ of Jesus in your life. Matthew 11:29*

A. "Yokes" exist in two distinct ways:

1) **Man-made yoke:** Results in keeping us from true significance and inner-satisfaction by keeping us focused on temporal goals and exhausting busyness.

2) **God-given yoke:** Designed to help us avoid time and talent wasters by keeping us focused on eternal goals which result in a life of significance and genuine purpose.

B. Christ's yoke provides:

1. \_\_\_\_\_

2. Guidance

3. \_\_\_\_\_

4. True Motivation

Now What?

1. \_\_\_\_\_ the problem and seek help. Ps. 32:2

2. Remove \_\_\_\_\_ burdens that are increasing stress. Luke 10:41-42

3. Turn to God in prayer. Philippians 4:6-7

4. \_\_\_\_\_ on the Word. 2 Peter 1:3; John 14:27

5. Spend time in thanksgiving and praise. Psalm 103:1-5