

Rest for the Stressed

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I. Introduction.

- A. We are all weary and burdened at times.
- B. Jesus offers a recipe for the stressed: come with Me, yoke with Me, and learn.

II. Come to Jesus.

- A. We all tend to wander at times. (Isaiah 53:6, Psalm 119)
- B. With so many voices it is difficult to hear the one Voice we are supposed to follow.
- C. It is important that we come to Jesus in particular. Bible study and church may lead us to Jesus, but they do not give us Jesus in themselves. (John 5:39-40)
- D. We can ask Jesus to take up residence in our life and give us rest for our burdens.
 - 1. Life is not a do-it-yourself project.
 - 2. Jesus beckons us to team up with Him, so we can pull the load of life together.
- E. God does not overwhelm a person - the Devil does. (Isaiah 59:19)

III. Yoke with Jesus.

- A. Make a list of all of your burdens.
- B. Give them to the Lord one at a time.
- C. You hear the voice of the Lord when you feel peace about a path.

IV. Learn from Jesus.

- A. This means you will learn in the everyday situations of life from Jesus.
- B. Jesus can teach us much and will if we are united with Him.
- C. We learn from Him because He is meek and humble and we will find rest for our souls with Him.
- D. We become true disciples of Him when we come under His yoke.

Application questions

1. What broadly is the answer to stress? How might this look.

2. Why are church attendance and Bible study not enough?

3. In what areas of your life do you need to hear the One Voice? Spend some time seeking God in prayer concerning your burdens.
