

REENERGIZE YOUR LIFE

**Matthew 11:28-30 (HCSB)
28 "Come to Me, all of you who are
weary and burdened, and I will give
you rest. 29 All of you, take up My
yoke and learn from Me, because I
am gentle and humble in heart, and
you will find rest for yourselves. 30
For My yoke is easy and My burden
is light."**

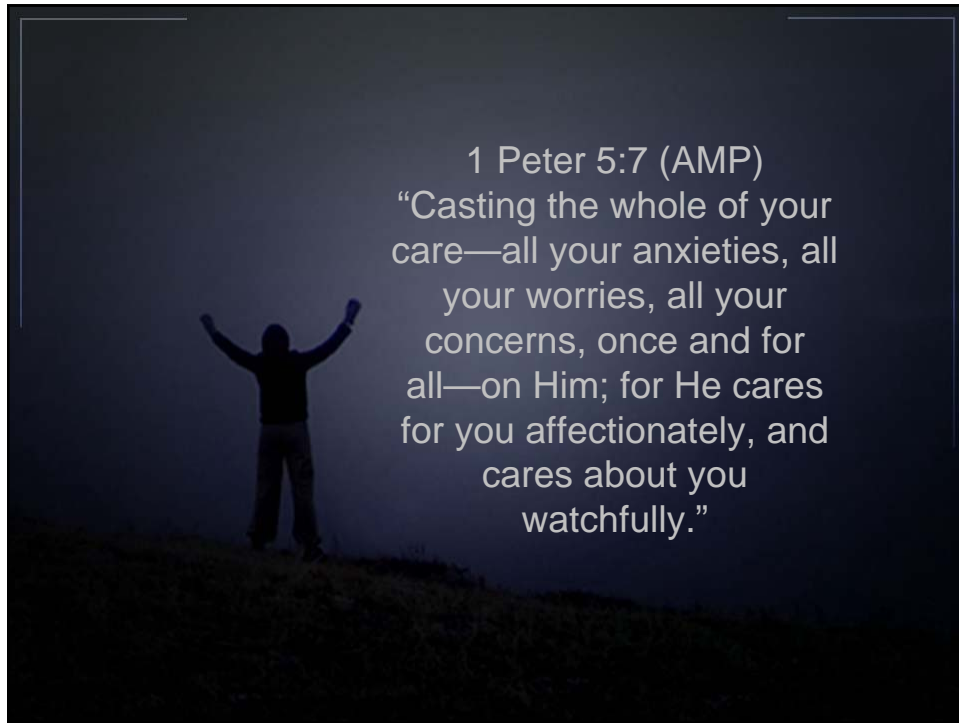
MATTHEW 11:28-30

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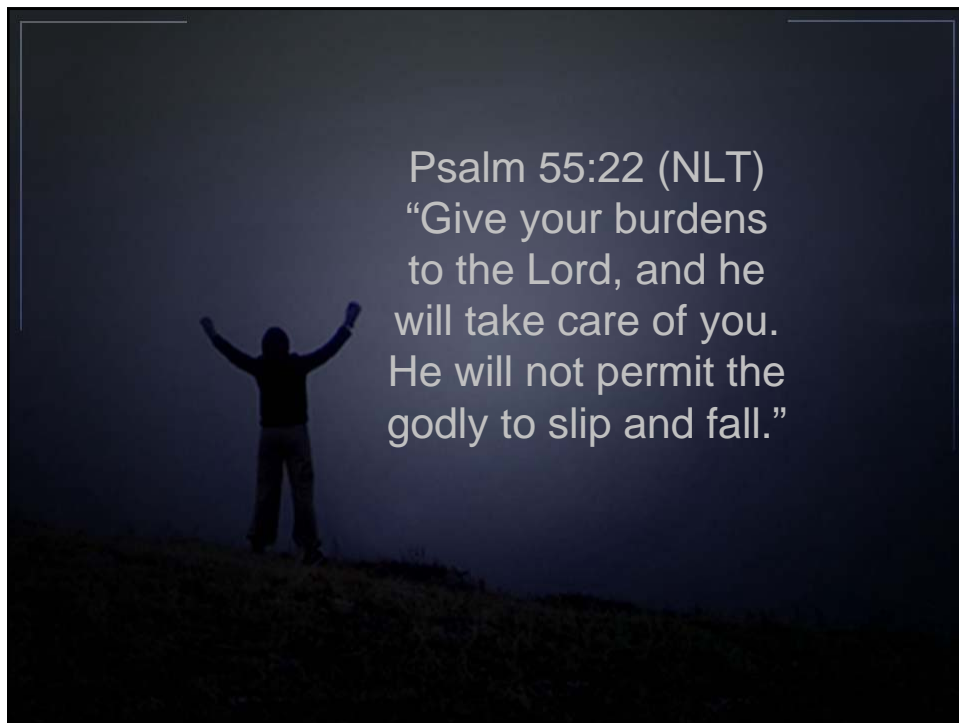
**1. Give your burden
to God.**

MATTHEW 11:28-30

1 Peter 5:7 (NLT)
“Give all your worries
and cares to God, for
he cares about you.”



1 Peter 5:7 (AMP)
“Casting the whole of your care—all your anxieties, all your worries, all your concerns, once and for all—on Him; for He cares for you affectionately, and cares about you watchfully.”

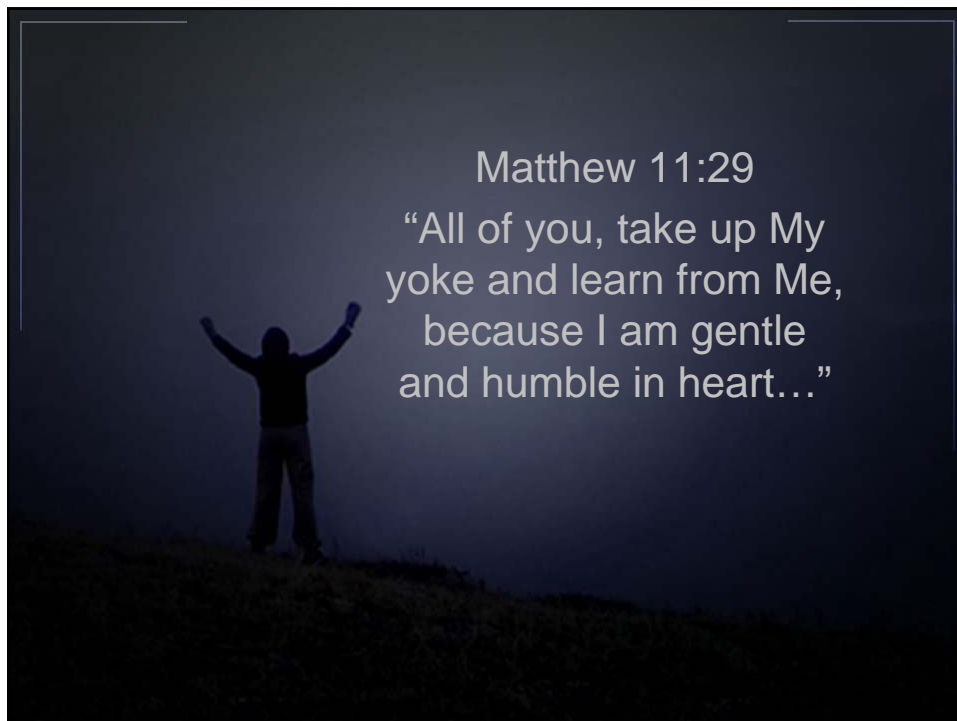


Psalms 55:22 (NLT)
“Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.”

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2. Take His yoke.

MATTHEW 11:28-30



Matthew 11:29

“All of you, take up My
yoke and learn from Me,
because I am gentle
and humble in heart...”

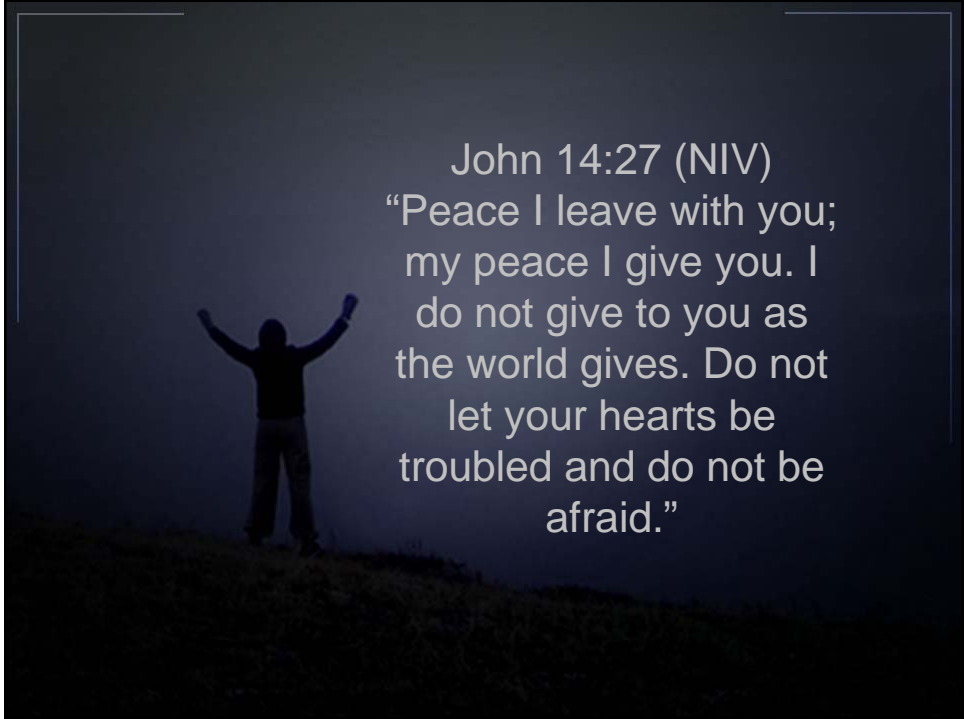
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3. Rest comes.

MATTHEW 11:28-30

A person is silhouetted against a misty, grey sky, standing on a dark hill with their arms raised in a gesture of triumph or prayer. The background is a soft, hazy landscape with some distant hills.

John 14:27 (NIV)
“Peace I leave with you;
my peace I give you. I
do not give to you as
the world gives. Do not
let your hearts be
troubled and do not be
afraid.”

A person is silhouetted against a misty, grey sky, standing on a dark hill with their arms raised in a gesture of triumph or prayer. The background is a soft, hazy landscape with some distant hills.