

# HOW TO LIGHTEN YOUR LOAD

## From Burnout To Balance – Part 4

April 24, 2016

**Matthew 11:28-30 (NIV)** *“Come to Me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For My yoke is easy and My burden is light.”*

### To Lighten Your Load...

#### 1. Come to Christ.

**Matthew 11:28 (NIV)** *“Come to Me, all you who are weary and burdened, and I will give you rest.”*

You need SOUL rest far more  
than you need physical rest.

**Isaiah 40:29&31a (NIV)** *“He (God) gives strength to the weary and increases the power of the weak... <sup>31</sup> but those who hope in the Lord will renew their strength.”*

**Matthew 6:6 (MSG)** *“Here’s what I want you to do: 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.”*

#### 2. TAKE His yoke.

**Matthew 11:29a (NIV)** *“Take My yoke upon you...”*

- The yoke is a symbol of PARTNERSHIP.

**Matthew 11:30 (NIV)** *“For My yoke is easy and My burden is light.”*

**Psalms 55:22 (MSG)** *“Pile your troubles on God’s shoulders— He’ll carry your load, He’ll help you out.”*

Every time you get DETACHED  
from Jesus your stress level goes up.

Every time you get REATTACHED  
to Jesus your stress level goes down.

- The yoke is a symbol of CONTROL.

When you are yoked together with Christ you move in the  
same DIRECTION and at the same PACE.

**Galatians 5:25 (NIV)** *“Since we live by the Spirit, let us keep in step with the Spirit.”*

The word “easy” in this context means...

PERFECTLY FITTED.

**Mark 6:3a (NIV)** *“Isn’t this the carpenter?”*

3. LEARN to trust.

Learning is a PROCESS. Learning takes TIME.

**Matthew 11:29b (NIV)** *“...learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.”*

The two greatest causes of overload in your life are

AGGRESSION and ARROGANCE.

The antidote... GENTLENESS and HUMILITY.

Humble means completely DEPENDENT on God.

**John 5:19 (NLT)** *“So Jesus explained, ‘I tell you the truth, the Son can do nothing by Himself. He does only what He sees the Father doing. Whatever the Father does, the Son also does.’”*

**Proverbs 20:24 (TLB)** *“Since the Lord is directing our steps, why try to understand everything that happens along the way?”*

**Psalms 142:3a (NIV)** *“When my spirit grows faint within me, it is You who watch over my way.”*