

Ephesians 1:19-20a, Mes – “*Oh, the utter extravagance of His work in us who trust Him – endless energy, boundless strength! All this energy issues from Christ.*”

Luke 8:50, Mes – “*Jesus overheard and said, “Don't be upset. Just trust Me and everything will be all right.”*”

## 2. GIVE UP Control

- If you want to lower the stress in your life, you've got to let go of control!

Matthew 11:29a, NIV – “Take My yoke upon you.”

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

### a) A Yoke Is A Symbol Of Partnership

- Jesus doesn't add to your load ... He shares your load
- When you share a yoke with God, He's not putting anything on you ... He's taking it off of you
- To be yoked with God, is to have Him in a partnership with you

Psalms 55:22, Mes – “*Pile your troubles on God's shoulders - He'll carry your load and help you out.*”

- Stress is a symptom of not being yoked to Christ

### b) A Yoke Is A Symbol Of Submission Or Surrender

- A yoke is used to guide, to control, to direct
- The load is lighter under a yoke, but in return for a lighter load, you give up control

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

- When I'm yoked with Christ, we move together in the same direction at the same pace
- The benefits of being yoked with Christ?
  - It gives you the right direction in life – it keeps you from going off in the wrong direction, and getting your life messed up
  - It gives you the proper pace to life – not too fast or too slow
  - It gives you a healthy workload in life – you can do God's “to do” list and not burn out

Romans 3:28, Mes – “*Our lives get in step with God by letting Him set the pace.*”

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

- “Easy” (Greek) = “Completely perfectly fitted”, “Custom made”

Matthew 11:29a, NIV – “Take My yoke upon you.”

- Notice it's an exchange – I exchange my yoke for His

Luke 12:26, NAB – “*If even the smallest things are beyond your control, why are you anxious about the rest?*”

## 3. LEARN to trust

Matthew 11:29b, NIV – “... Learn from Me; for I am gentle and humble in heart, and you will find rest for your souls.”

- a) Aggression – We try to push and make things happen – The solution is gentleness

b) Arrogance – We try to control everything because we believe we can – The solution is humility

- What was Jesus' secret to an unstressed life?
- "I only do what My Father tells Me to do." "I only say what My Father tells Me to say." "I only act when My Father tells Me to act." "I only respond when My Father tells Me to respond." (Gospel of John – 12X)

Proverbs 20:24, LB – *"Since the Lord is directing our steps, why try to understand everything that happens along the way?"*

Psalms 142:3, GN – *"When I am ready to give up, He [God] knows what I should do."*

Hebrews 13:5, TEV – *"Keep your lives free from the love of money, and be satisfied with what you have. For God has said, 'I will never leave you; I will never abandon you.'"*

## CHALLENGE

Matthew 11:28-30, RSV – *"COME to Me, all you that are weary [stressed out and overloaded] 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."*

- Come to Christ** and get time alone with God
- Give up control** and take on His yoke – get yoked with God, let him be your partner and your pace-setter
- Learn to trust** – Recognize that He is God and you're not, so you can trust Him

Psalms 62:1, NIV - *"My soul finds rest in God alone; my salvation comes from Him."*

# HOW TO RE-ENERGIZE YOUR LIFE

## # 2 – Reduce The Pressure

David Hibbert – August 29, 2004

### THE "CHAT" HABITS FOR KEEPING PASSION

**C – Check** – Give Yourself Regular Checkups

**H – Hear** – Hear the Word

**A – Act** – Act on it.

**T – Tell** – Tell others

### INTRODUCTION

Matthew 11:28-30, RSV – *"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."*

### HOW TO LIGHTEN YOUR LOAD

#### 1. COME To Christ

Matthew 11:28, RSV – *"Come to Me, all you that are weary and are carrying heavy burdens, and I will give you rest."*

Isaiah 40:29-31, Mes – *"God energizes those who get tired, and gives **fresh strength** to dropouts ... Those who wait upon God get **fresh strength**. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind."*

- How do I wait on God?

Matthew 6:6, Mes – *"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."*