

# HOW TO LIGHTEN YOUR LOAD

## God In The Hard Times, Part 2

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*He makes me lie down in green pastures, he leads me beside quiet waters.* Psalm 23:2

*Come to Me all you who are weary and burdened, 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.* Matthew 11:28-30

### 1. LET YOUR SOURCE OF REST BE

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*Come to Me all you that are weary and burdened and I will give you rest.* Matthew 11:28

*[God] gives power to those who are tired and worn out and He offers strength to the weak. Those who wait on the Lord will find new strength.”* Isaiah 40:29-31

*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.* Matthew 6:6 (MSG)

### 2. SET ASIDE A

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*Only someone too stupid to find his way home would wear himself out with work!* Ecclesiastes 10:15 (GN)

*You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me.* Exodus 20:9-10 (GN)

*The Sabbath was made to benefit man.* Mark 2:27

### WHAT DO I DO ON THE SABBATH?

#### 1) REST MY BODY.

*He makes me lie down in green pastures.* Psalm 23:2

#### 2. RECHARGE MY EMOTIONS.

#### 3. REFOCUS MY SPIRIT.

### 3. GIVE UP

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*Come to Me all you who are weary and burdened, and I will give you rest. Take My yoke upon you... For My yoke is easy and My burden is light.* Matthew 11:28-30

***When I'm yoked with Christ we move together in the same direction and at the same pace.***

### 4. LEARN TO

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*Learn from Me for I am gentle and humble in heart and you will find rest for your souls.* Matthew 11:29

*\*All scriptures from TNIV unless otherwise noted*