

Handout December 29, 2023

## Come to Me Matthew 11:28-30

Welcome back and here we go!

HAPPY OLD YEAR! I mean --- why wait for a New Year to be happy! Right?!

How many of us are tired? And I mean mentally and emotionally tired? I know I certainly have had periods in this last year that left me a little bit worn out! How many of you know that people can wear us out! But, for me I am in the people business, so isolating is not an option!

**Matthew 11:28-30** *'Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.'*

Jesus intimates that we will get tired, tired from our burdens in life and tired from all that life may bring us --- our *labors*.

1) Not all \_\_\_\_\_ are physical!

I think the *emotional* TIRING is much worse than the *physical*. Why? Because after a little food and a little sleep --- *physically* --- usually, I am good to go. The *emotional*, however, usually needs a solution. And solutions aren't always easy to come by.

2) \_\_\_\_\_ is of utmost importance!

Why would I say this? Because, if you can't take care of yourself, how can you help others? In fact, you might even make things worse for others, if you yourself are not cared for!

The Greek word here for rest actually means "REFRESH".

Websters: *REST* - freedom from activity --- labor...

*REFRESH* - give new strength or energy to; to reinvigorate.

3) Jesus promises \_\_\_\_\_ and a \_\_\_\_\_.

I believe Jesus means both. The first step in self-care should be look toward Jesus! The key is taking HIS yoke upon us, meaning letting go of our burdens and pressing into HIM.

4) Jesus' \_\_\_\_\_ is His \_\_\_\_\_.

Picture a mule with a yoke around its neck. The yoke is connected to something else which it then pulls. *Heavy laden!* Often, we feel that way, like life has us around our neck and we are just trudging along!

5) That is not the \_\_\_\_\_ of a \_\_\_\_\_ Christian!

Rather, when we put HIS yoke on our life, there is less pulling and more being propelled.

We actually have strength from the ONE Divine SOURCE - the HOLY SPIRIT! From JESUS! From GOD!

The first step towards good mental / spiritual / emotional health is learning God's Word!

What does God say about anxiety, fear, worry, anger, betrayal, hopelessness, finances, relationships? There is so much there!

6) Then you must \_\_\_\_\_ these \_\_\_\_\_ as your own.

They must become your LIFE STANDARDS.

Next you must trust God with your issues. How much do you actually pray? I mean really talk with God? How can God answer if you don't actually ask? FIND THE TIME TO PRAY DAILY!

And you must add these practical steps:

- Make time to rest
  - (Lynn & I are your example)
  - Jesus is your #1 example
- Eat healthy
- Exercise
- Spend some time ALONE
- Read your Bible
- Find meaningful relationships
- Fellowship
- Start attending a Study somewhere!
- Do little things for yourself.

7) Self-care is NOT \_\_\_\_\_ or \_\_\_\_\_ - \_\_\_\_\_  
or \_\_\_\_\_.

As we move into the New Year, make a choice to care for yourself.

If you are tired, I would suggest you first unplug, then meet with Jesus, then restart with DIVINE DIRECTION.

HAPPY OLD YEAR!

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