STRESS OF LIFE Matthew 11:28-30

Come. Matt. 11:28

- Come to <u>faith</u> in Christ. Matt. 11:28; 19:16-22; 5:4; John 6:35; 7:37-38; 5:24; Mark 12:28
- Come to <u>find</u> Christ's rest. Matt. 11:28; Gal. 6:1-4; 1 Pet. 5:6-7; Phil. 4:6-7; Ps. 62:5-8; 116:1-2, 37:25; Luke 4:18; Ps. 53:22; 2 Cor. 2:1-3

Take and learn. Matt. 11:29-30

- Christ is <u>well</u> fitted for His yoke. Matt. 11:29-30; John 1:41; 17:4; Matt. 20:28; Luke 19:10; 2 Cor. 5:21; John 13:1-17; Luke 23:34, 43
- Christ's yoke is well fitted for <u>us</u>. Matt. 11:30; Luke 9:23; Matt. 6:10; 10:24; John 13:12-17; Eph. 3:16-21; 6:10; Phil. 4:13; Gal. 2:20; Rom. 8:29; Ps. 37:25

Application.

- Remember <u>life</u> will always be filled with stress.
- Remember you can be a victim to stress or have <u>victory</u> in Christ.