

# THE MOST STRESSFUL TIME OF THE YEAR

“Be Ye Filled” – Part 4 of 5

November 10, 2024

## HOW TO KEEP YOUR TANK FILLED

“Jesus said, ‘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 (NIV)**

### 1. GET FED UP WITH HOW I’VE BEEN \_\_\_\_\_

SOLOMON: “The Lord gave us a mind and conscience so we cannot hide from ourselves... But sometimes it takes a painful experience to make us change our ways!” **Proverbs 20:27, 30 (GN)**

LOST SON: He wasted everything he’d been given on foolish living. He was broke, miserable, and starving. He had to get a job feeding pigs. He became so hungry that he was willing to eat the pig’s food. Finally, he came to his senses and he said to himself, ‘Why am I living like this?’ He realized, at his father’s home, even the hired servants eat better than I do! So he decided to get up and go home to his father. **From Luke 15:14-20**

### 2. COME TO \_\_\_\_\_!

“Jesus said, ‘If you’re tired from carrying heavy burdens COME TO ME and I will give you REST!’” **Matthew 11:28 (CEV)**

“He gives power to those who are tired and worn out; he offers strength to the weak...” **Isaiah 40:29 (NLT ‘96)**

### 3. GIVE UP \_\_\_\_\_!

“TAKE my yoke upon you...” **Matthew 11:29a (NLT)**

THE PURPOSE OF A “YOKE” IS TO LIGHTEN THE LOAD BY \_\_\_\_\_ IT!

“For my yoke is easy (to bear), and my burden is light.” **Matthew 11:30 (NIV)**

“For my yoke fits perfectly.” (NLT ‘96)

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

When you are “YOKED” with Jesus,  
you move together in the same direction and the same pace!

“...let us keep in step with the Spirit.” **Galatians 5:25 (NIV)**

“Our lives get in step with God by letting him set the pace.” **Romans 3:28 (MSG)**

#### 4. LEARN TO \_\_\_\_\_

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

##### Gentle & Humble Antidotes that respond to 2 Causes of Stress

- *Aggression: We don't wait, pause, or consider*
- *Arrogance: We try to control everything*

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

“When I am ready to give up, he knows what I should do.” **Psalm 142:3 (GN)**

#### 5. START EVERY DAY BY \_\_\_\_\_ MY TANK

“Find a quiet, secluded place so you won't be tempted to roleplay 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)**

#### 6. STAY CONNECTED TO MY \_\_\_\_\_

“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more...” **Hebrews 10:25 (GN)**