



Resting  
In My Relationship  
with  
God



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Please turn to  
Matthew 11, verses 28-30



# How To Unload My Overloaded Life...

## 1. Turn to Jesus!

*“Come to me, all you who are  
weary and burdened  
and I will give you rest.”*

Matthew 11:28

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# How To Unload My Overloaded Life...

1. Turn to Jesus!
2. Give up control!

*“Take My yoke upon you...”*

Matthew 11:29a

*“For My yoke is easy, and  
My burden is light.”*

Matthew 11:30

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# How To Unload My Overloaded Life...

1. Turn to Jesus!
2. Give up control!

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

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# How To Unload My Overloaded Life...

1. Turn to Jesus!
2. Give up control!
3. Learn to trust!

*“...Learn from Me; for I am gentle  
and humble in heart,  
and you will find rest for your souls.”*

Matthew 11:29b

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