



SERMON NOTES

Stress Less

Stop Stressing & Start Living

Part Two

Pastor Carl Toti - November 17-18, 2018

Matthew 11:25-30 (NLT)

25 *At that time Jesus prayed this prayer: "O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike.*

26 *Yes, Father, it pleased you to do it this way!* 27 *"My Father has entrusted everything to me. No one truly knows the Son except the Father, and no one truly knows the Father except the Son and those to whom the Son chooses to reveal him."* 28 *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."*

LESSONS TO LESSEN LIFE'S TENSIONS

1. ACCEPT CHRIST'S _____

Matthew 11:28

"Come to Me..."

2. BURDENS COME IN _____

Matthew 11:28 (NKJV)

28 *Come to Me, all you who labor and are heavy laden, and I will give you rest.*

3. WELCOME THE GIFT OF _____

Matthew 11:28 (NKJV)

28 *Come to Me, all you who labor and are heavy laden, and I will give you rest.*

Isaiah 48:22 (NKJV) "There is no peace," says the LORD, "for the wicked."

Isaiah 57:20 (NKJV) But the wicked are like the troubled sea, When it cannot rest, Whose waters cast up mire and dirt.

THE TRINITY OF REST

SLEEP

Psalms 127:2b (NCV)

The LORD gives sleep to those he loves.

Psalms 127:2a (NCV)

It is no use for you to get up early and stay up late, working for a living.

Psalm 127:1-2 (TLB)

1 Unless the Lord builds a house, the builders' work is useless. Unless the Lord protects a city, sentries do no good.

2 It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.

SERENITY

The Lord is my shepherd; I shall not want. (Ps. 23:1)

Great peace have they which love Thy law. (Ps. 119:165)

Serenity Prayer

*God, grant me the serenity to accept
the things I cannot change,*

Courage to change

the things I can change,

And wisdom to know the difference

The Complete Book of Bible Basics.

SABBATH

“Come to me and I will rest [Sabbath] you; you will find Sabbath for your souls.”

–Jesus Christ

4. TAKE IT _____

Matthew 11:29-30 (KJV)

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

Matthew 23:4 (ESV)

4 They tie up heavy burdens, hard to bear, and lay them on people's shoulders, but they themselves are not willing to move them with their finger.

Answers:

1) *Invitation*

2) *Pairs*

3) *Rest*

4) *Easy*