

How to Lighten Your Load

Series: From Burnout to Balance

Matthew 11:28-30

Definition of Margin: The space between my current load (activities) and my limit (breaking point).

BENEFITS OF LIVING WITH MARGIN

- ① MORE PEACE OF MIND.
- ② BETTER OVERALL HEALTH.
- ③ STRONGER LIFE GIVING RELATIONSHIPS.
- ④ AVAILABLE FOR GOD TO USE.

HOW TO LIGHTEN YOUR LOAD

- ① **TURN TO JESUS!**
(Matthew 11:28, Isaiah 40:29-31, Matthew 6:6 TMB)
- ② **GIVE UP CONTROL!**
(Matthew 11:29a-30, Psalm 55:22, Galatians 5:25, Romans 3:28)
- ③ **LEARN TO TRUST!**
(Matthew 11:29b, Proverbs 20:24, Psalm 142:3)

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