

July 1, 2018



"HOW DO I KNOW GOD IS SPEAKING TO ME?"

JOB 6:1-3; MATTHEW 11:28-30 (NLT)

INSIGHT: God uses problems, the preaching and teaching of the Word, and the faithful witness of a godly friend to speak to us.

TRUTH: Stress is overwhelming only if you carry it, but not if God carries it with you.

Jesus' three-step strategy in handling life stress:

I. COME TO HIM.

We come to Jesus for answered prayers, peace, and comfort, but Jesus invites us to come to Him for rest, and not just any rest but soul rest.

TRUTH: Only God can rest your soul (Isaiah 40:29).

TRUTH: The antidote to an overloaded soul is time alone with God.

DEFINITION: To "wait on the Lord" means to be still before Him (Matthew 6:6 Msg).

II. YIELD CONTROL.

TRUTH: All of us are controllers, and Jesus has one directive: "Take My yoke upon you."

TRUTH: Taking up Jesus' yoke means yielding to His control of your life.

TWO INSIGHTS:

1. Taking His yoke means doing life with Him, not without Him.

TRUTH: If you're stressed, feeling overloaded, you're not yoked with Christ.

2. A yoke is a symbol of control.

TRUTH: We get into life trouble when we're not yoked to Christ (Psalm 55:2 Msg).

INSIGHT: Escape isn't the answer to stress; giving up control is (Psalm 107:1).

III. TRUST THE LORD.

Jesus said, "Take My yoke upon you and LEARN from Me." Then He added, "I am humble and gentle at heart."

TRUTH: The two greatest causes of life stress according to Jesus are: arrogance and aggression.

- Aggression happens when we do things too quickly.
- Arrogance is the lifestyle of seeking to control everything and everyone.

INVITATION: If life is weighing you down this morning, realize your greatest issue is living life without God.