

## From Stress to Rest: My Faith

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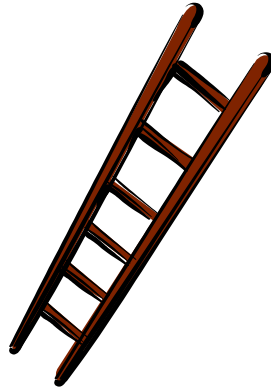
*"Then Jesus said, 'Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you and let Me teach you because I am humble and gentle and you will find rest for your souls.'" Matthew 11:28-29*

*"For God has not given us a spirit of fear and timidity, but of power, love and self discipline."  
2 Timothy 1:7*

### Faith Stress Busters:

1. Getting to heaven isn't about what I \_\_\_\_\_, it's about what Jesus has \_\_\_\_\_.

*"God saved you by His grace when you believed. You can't take credit for this. It is a gift from God. Salvation is not a reward for the things that you have done so none of us can boast about it." Ephesians 2:8-9*



*"Jesus told him, 'I am the Way, the Truth and the Life. No one can come to the Father except through Me.'" John 14:6*

2. Once I commit my life to following Jesus, I can never lose \_\_\_\_\_.

*"My sheep listen to My voice. I know them and they follow Me. I give them eternal life and they will never perish. No one can snatch them away from me. My Father has given them to Me, and He is far more powerful than anyone else. No one can snatch them from the Father's hand."  
John 10: 27-29*

*"And I am convinced that nothing can ever separate us from God's love. Neither death, nor life, nor angels, nor demons, neither our fears for today, nor our worries about tomorrow, not even the powers of hell can separate us from God's love. No power in the sky above, nor in the earth below, indeed, nothing in all creation will ever be able to separate us from the love of God that is reveals in Christ Jesus our Lord." Romans 8:38-39*

3. Living to please \_\_\_\_\_ is less stressful than living to please \_\_\_\_\_.

*"Obviously, I am not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant." Galatians 1:10*

*“For we are God’s masterpiece. He has created us anew in Christ Jesus so we can do the good things He planned for us long ago.” Ephesians 2:10*

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with Me and you’ll recover your life. I’ll show you how to take a real rest. Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with Me and you’ll learn to live freely and lightly.” Matthew 11:28-29 (The Message)*