

Why So Weary? – What To Do

Matthew 11:28-30; Isaiah 40:28-31

God wouldn't tell me to not become _____ if there wasn't something I
could _____ about it

Weariness comes from trying to do by _____ what Jesus said
_____ would do

*Weariness does not come from Jesus. It is not what He intends for His
followers*

To deal with weariness, we need to _____

*Your will is influenced by your **mind** – what you think/believe;
by your **body** – how you physically feel;
and your **peers** – who you listen to*

A GOOD AFTERTASTE:

Ruminate on God's Word this week and meditate on what the Holy Spirit wants to say to you using the following thought-provokers.

Are you weary? Are there areas of your life where you're trying to make your own way? Are you trying to do it in your own strength? Those are the things Jesus said HE would do. Do the things you're supposed to do – self-control over the influencers in your life and chose to take up HIS yoke/obey. Trust Him for the rest. (pun intended)