

# just breathe



## Keeping Your Tank Full

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*Come to Me, all of you who are weary and burdened, and I will give you rest. All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. For My yoke is easy and My burden is light.* Matthew 11:28-30

### HOW TO KEEP YOUR TANK FULL

- Get \_\_\_\_\_ with how I'm living now.

*"Come to Me, all of you who are weary and burdened..."* v. 28

Most of us don't change when we see the \_\_\_\_\_, we change when we feel the \_\_\_\_\_!

*He makes me lie down in green pastures.* Psalm 23:2

- Come to \_\_\_\_\_.

*"Come to Me...and I will give you rest"* v. 28, 29

The Invitation – Come to Jesus and bring Him:

- The \_\_\_\_\_ and the \_\_\_\_\_ in your life
- The \_\_\_\_\_ in your life
- The \_\_\_\_\_ in your life
- The \_\_\_\_\_ in your life
- The \_\_\_\_\_ in your life

*However, those the Father has given Me will come to Me, and I will never reject them.* John 6:37

- Our culture says \_\_\_\_\_.
- Our Savior says \_\_\_\_\_.

*He gives strength to the weary and strengthens the powerless.* Isaiah 40:29

- Give up \_\_\_\_\_.

*"Take up My yoke..."* v. 29

The purpose of a yoke is to \_\_\_\_\_ the load.

- The yoke is a symbol of \_\_\_\_\_.

*Cast your burden on the Lord, and He will support you; He will never allow the righteous to be shaken.* Psalm 55:22

- The yoke is a symbol of \_\_\_\_\_.

*Since we live by the Spirit, let us keep in step with the Spirit.* Galatians 5:25

- Learn to \_\_\_\_\_.

*"Take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls."* v. 29

The two leading causes of overload are \_\_\_\_\_ and \_\_\_\_\_.

Twelve times Jesus is quoted in the Gospel of John, *"I only do what My Father tells Me to do."*

- Start \_\_\_\_\_ with God.

*Faith comes from hearing the Word of God.* Romans 10:17

Develop the good habits of a fully-developing follower of Jesus Christ:

- Daily time in \_\_\_\_\_
- Daily time in \_\_\_\_\_
- Daily \_\_\_\_\_ of your time, talents and treasures

- Stay connected to my \_\_\_\_\_.

*Let us not give up the habit of meeting together as some are doing. Instead, let us encourage one another all the more.* Hebrews 10:25

*And God placed all things under His feet and appointed Him to be head over everything for the Church, which is His body, the fullness of Him who fills everything in every way.* Ephesians 1:22-23

Being \_\_\_\_\_ with God is a good thing!

Being \_\_\_\_\_ is not!

### Memory Verse

*Come to Me, all you who are weary and burdened, and I will give you rest.*  
Matthew 11:28

### Next Steps

- I will surrender my schedule to God today. I'm fed up and worn out!
- I will come to Jesus daily and find the rest I'm looking for.