

uHarmony

security in a time of stress

What to do When You're Overwhelmed

The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters....

Psalm 23:1-2 (NIV)

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.

Matthew 11:28 (Msg)

1. Recognize your value.

So I tell you, don't worry about everyday life -- whether you have enough food, drink, and clothes. Doesn't life consist of more than food and clothing? Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to Him than they are. Can all your worries add a single moment to your life? Of course not.

Matthew 6:25-27 (NLT)

EastLakeNotes

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EastLake Church

"EastLake Church exists to help people find and follow Jesus Christ."

(NIV) New International Version
(Msg) The Message
(NLT) New Living Translation

2. Make decisions based on your convictions.

Just say "yes" and "no." When you manipulate words to get your own way, you go wrong.
Matthew 5:37 (Msg)

I urge Euodia and Syntyche to iron out their differences and make up. God doesn't want his children holding grudges. And, oh, yes, Syzygus, since you're right there... help them work things out....
Philippians 4:2-3 (Msg)

3. Take time to be quiet.

Then, leaving the crowds outside, Jesus went into the house....
Matthew 13:36 (NLT)

The next morning Jesus awoke long before daybreak and went out alone into the wilderness to pray. Later Simon and the others went out to find him. They said, "Everyone is asking for You."
Mark 1:35-37 (NLT)

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 11:29-30 (Msg)
