

'Tis the Season to be Stressed Out

Matthew 11:28-30

Message Notes

- Stress and fatigue can spill over into our r_____.
- Jesus knows our s_____ and understands the danger of s_____ in our lives.
- Experiencing God's rest means experiencing p_____ in the midst of c_____. It means that no matter what we are facing, it's going to be ____.
- We have s_____ issues because we have c_____ issues.
- With Jesus, and the rest and peace he offers us... life is not only doable, it is a b_____.