

**“WHEN LIFE HITS HARD”**  
**Emotions :: Part 2**  
**June 13-14, 2015 :: John Smith**



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

1. \_\_\_\_\_.

*He [God] gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength.* Isaiah 40:29-31

2. \_\_\_\_\_.

*Take my yoke upon you...* Matthew 11:29a

*For my yoke is easy and my burden is light.* Matthew 11:30

*Pile your troubles on God's shoulders. He'll carry your load and he'll help you out.* Psalm 55:22 (MSG)

3. \_\_\_\_\_.

*...learn from me, for I am gentle and humble in heart, and you will find rest for your souls.* Matthew 11:29

*The Lord directs our steps, so why try to understand everything along the way?* Proverbs 20:24 (NLT)