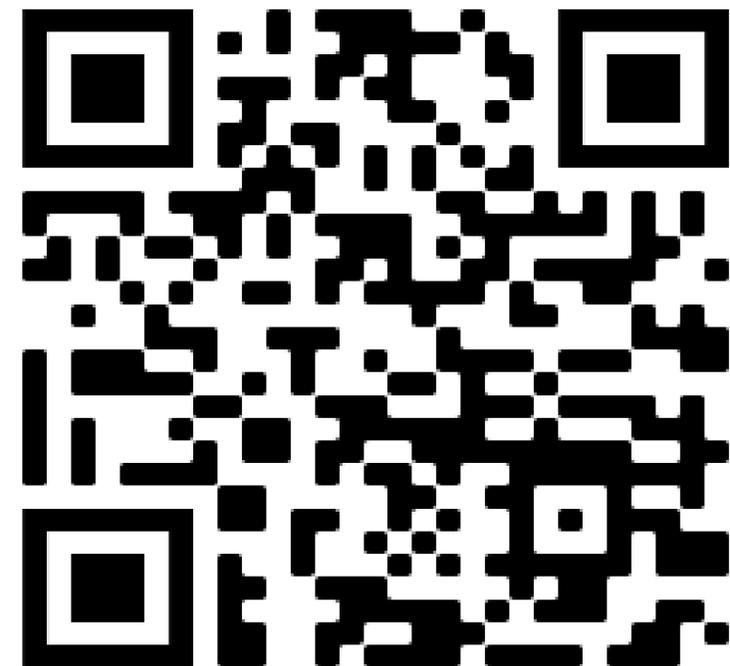


Let's go!



ONE thing  
changes  
EVERYTHING.

**Recognize**  
**Replace**  
**Repeat**



**DAMON'S**  
**GRILL**



# Overwhelmed

plan stress information upset teaching challenge objectives business  
overload much overworked undertaking  
frustrated busy everything job burnout tasks  
education stressed mission  
stressful project prioritize tired  
agenda remember confused educate  
priority

relationships >>> \_\_\_\_\_

emotions >>> \_\_\_\_\_

souls >>> \_\_\_\_\_

relationships >>> shallow

emotions >>> strained

souls >>> shriveled

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

---

Matthew 11:28-30

WHO?

all you who are weary and burdened

---

Matthew 11:28-30

WHO?

all you who are weary and burdened

- Exhausted

WHO?

all you who are weary and burdened

- Exhausted
- Anxious

WHO?

all you who are weary and burdened

- Exhausted
- Anxious
- Stressed

# WHO?

all you who are weary and burdened

- Exhausted
- Anxious
- Stressed
- **YOU**

# WHY?

- **E**xhausted
- **A**nxious
- **S**tressed
- **Y**OU

WHY?

I will give you rest . . . .  
you will find rest for your souls

---

Matthew 11:28-30

Jesus offers us the  
*rest* of our lives.

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

The Lord is my shepherd,  
I lack nothing.  
He makes me lie down in green  
pastures,  
He leads me beside quiet waters,  
He refreshes my soul.

HOW?

Take my yoke upon you.

My yoke is easy and my burden is light.

---

Matthew 11:28-30

WHAT?

Come to me.

---

Matthew 11:28-30



“Come here.”

WHAT?

Come to me.

Learn from me.

---

Matthew 11:28-30

“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 11:28-30 (MSG)

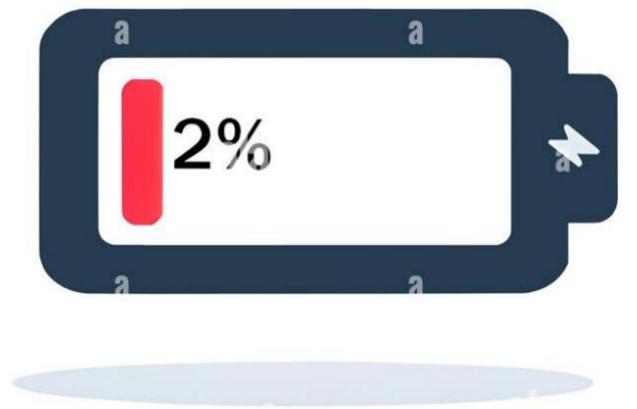
Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

---

Matthew 11:28-30 (MSG)



“I don’t have time.”



If the devil can't make you bad,  
he'll make you busy.

---

Corrie Ten Boom

Hurry is not of the devil.  
Hurry is the devil.

---

Carl Jung

Make Time for GodTime.



Make Time for GodTime.

Time :: Place :: Plan

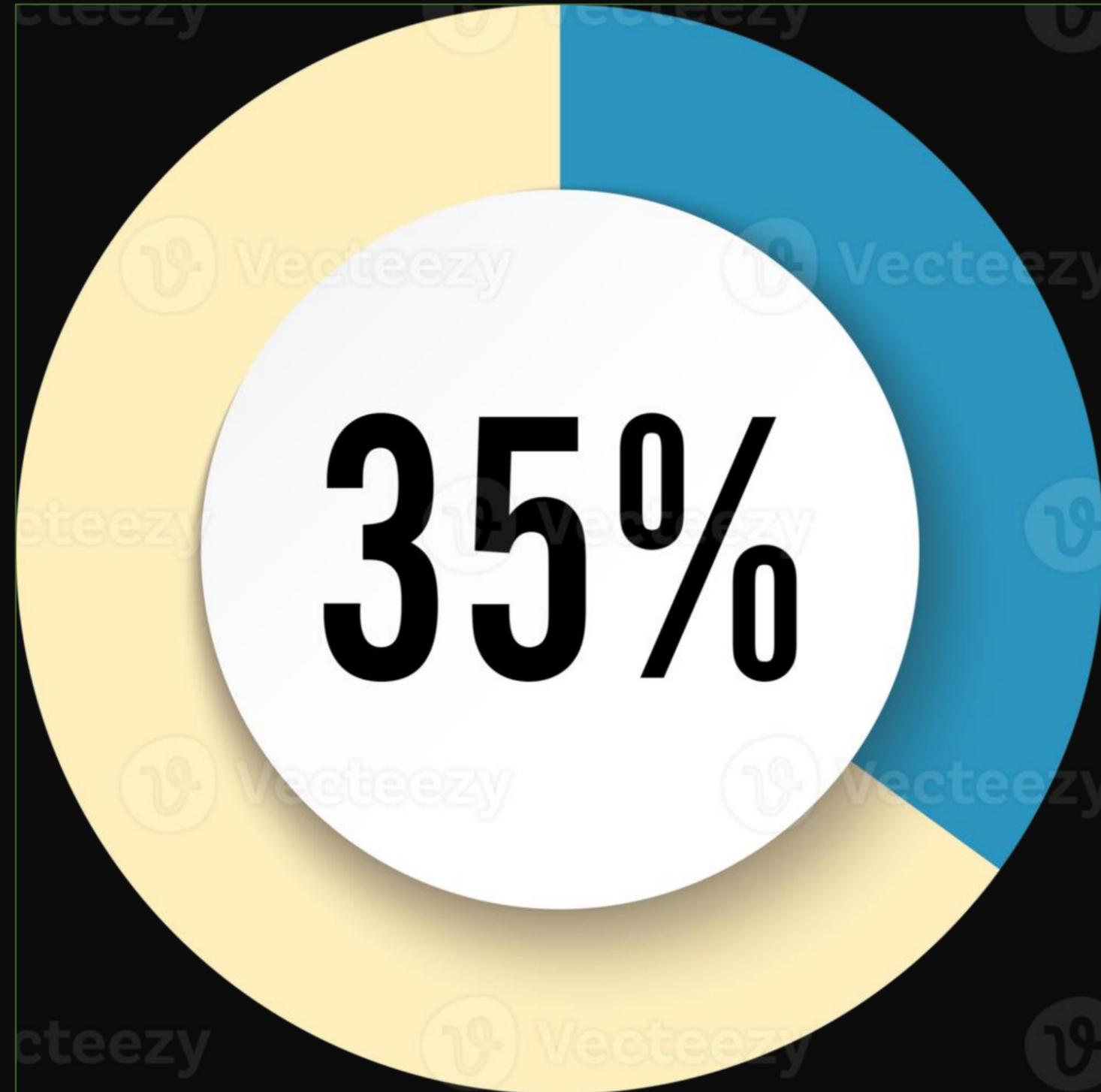
2001 :: Great Britain :: 248 participants



# 1. Track your exercise.



# 1. Track your exercise.



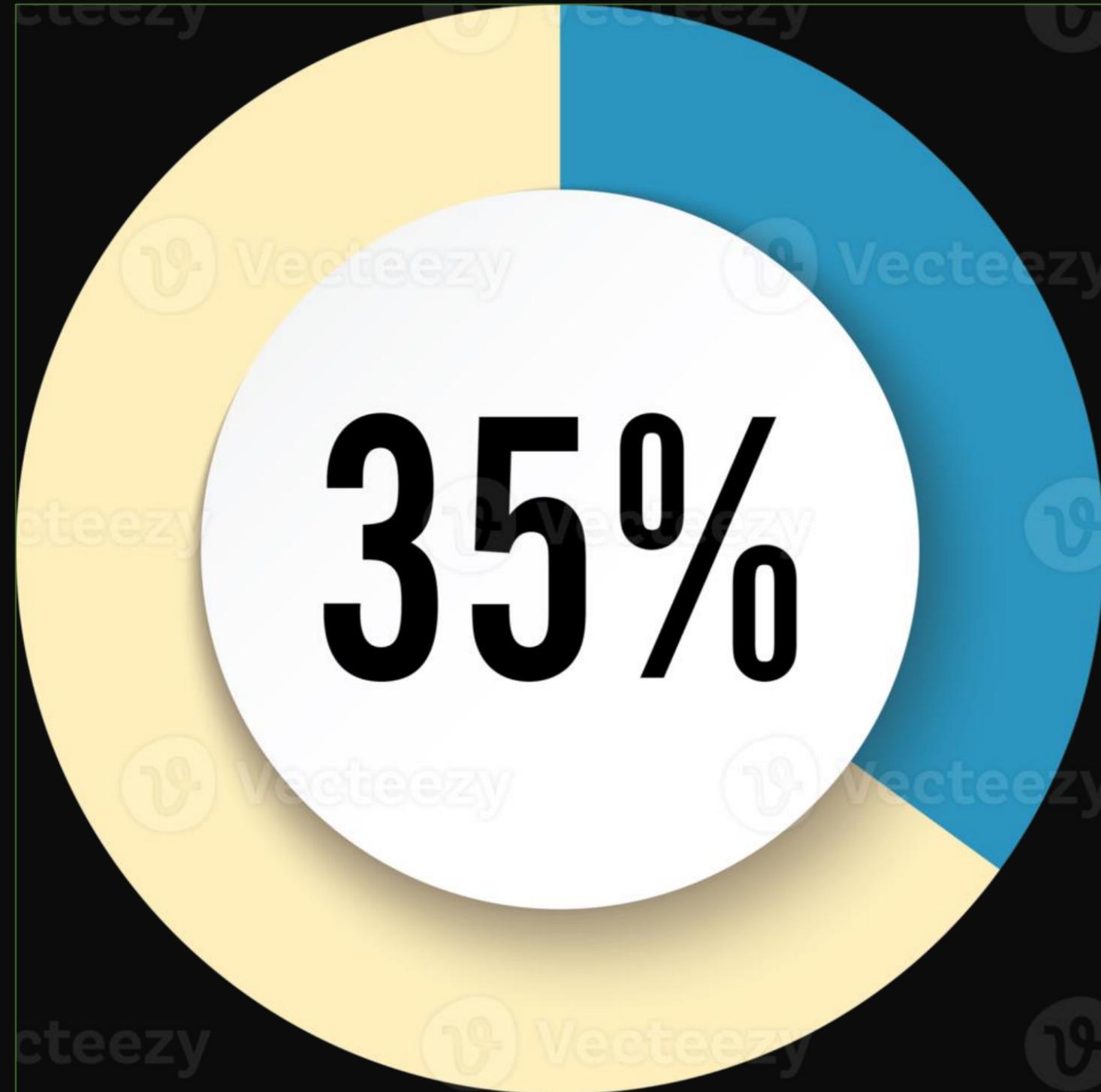
1. Track your exercise.

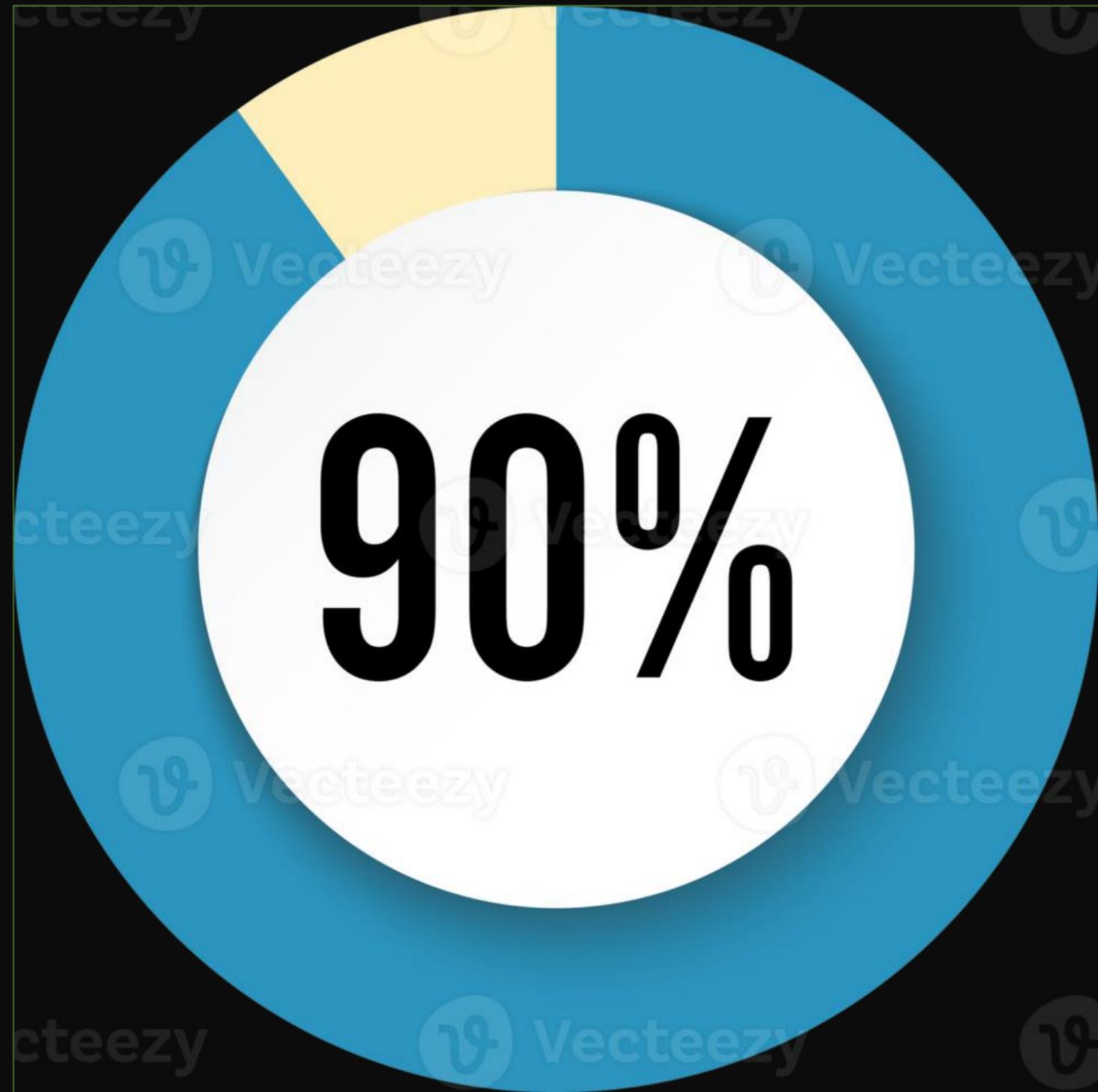
2. Learn about the benefits.



1. Track your exercise.

2. Learn about the benefits.

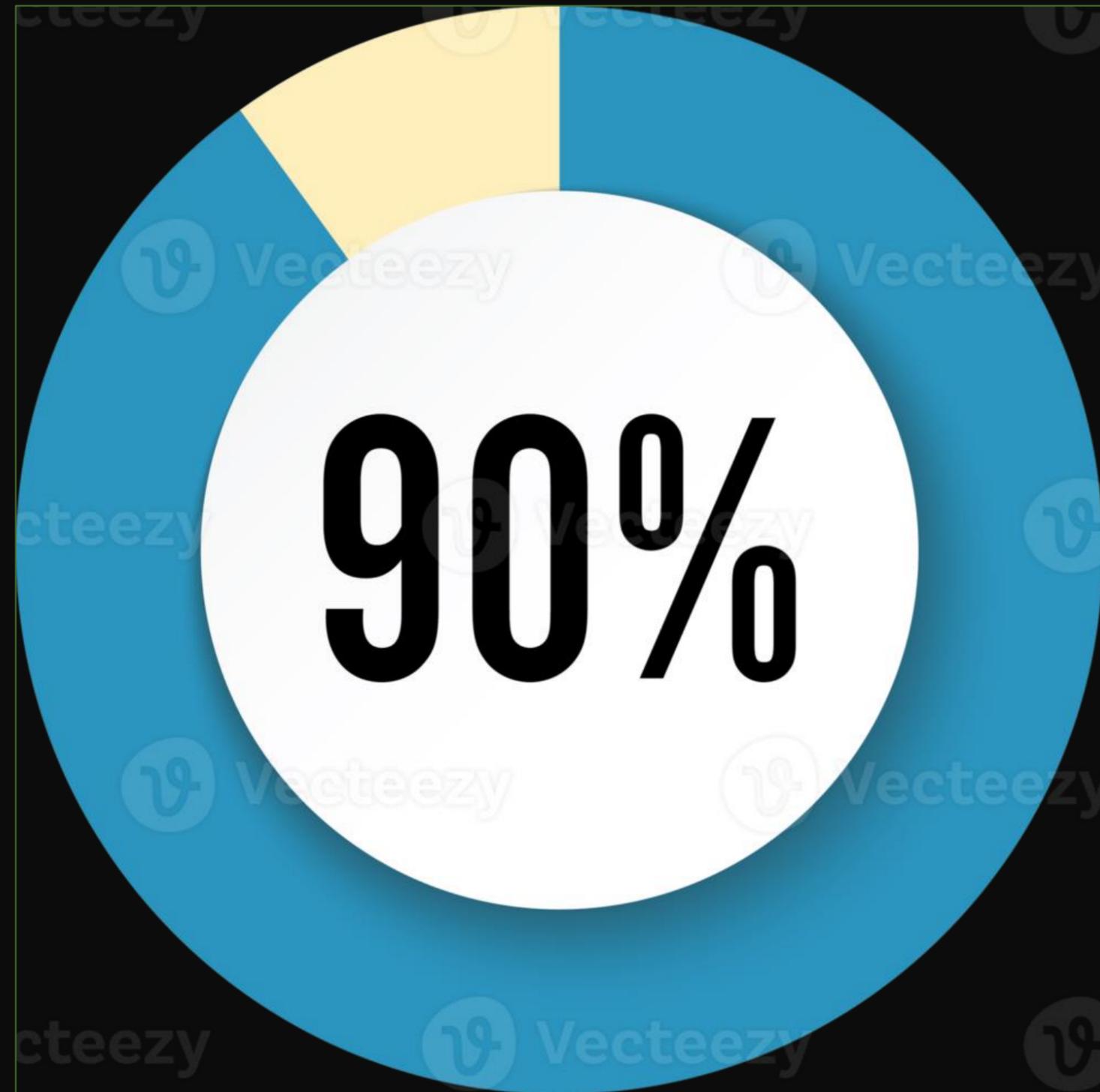




1. Track your exercise.

2. Learn about the benefits.

3. Decide on time, place and plan.



I will

---

(plan).

at 

---

 (time)

in 

---

 (place).



I will  
*pray, read and journal*  
(plan)

at 6:30am  
(time)

in *my living room.*  
(location).



I will  
pray, **read** and journal  
(plan)



I will  
pray, **read** and journal  
(plan)

*one chapter of Proverbs*



I will  
pray, **read** and journal  
(plan)

*one chapter of Proverbs*

*one chapter from a Gospel*



I will  
pray, **read** and journal  
(plan)

*one chapter of Proverbs*

*one chapter from a Gospel*

*Bible Reading Plan*



I will

---

(plan).

at

---

(time)

in

---

(place).

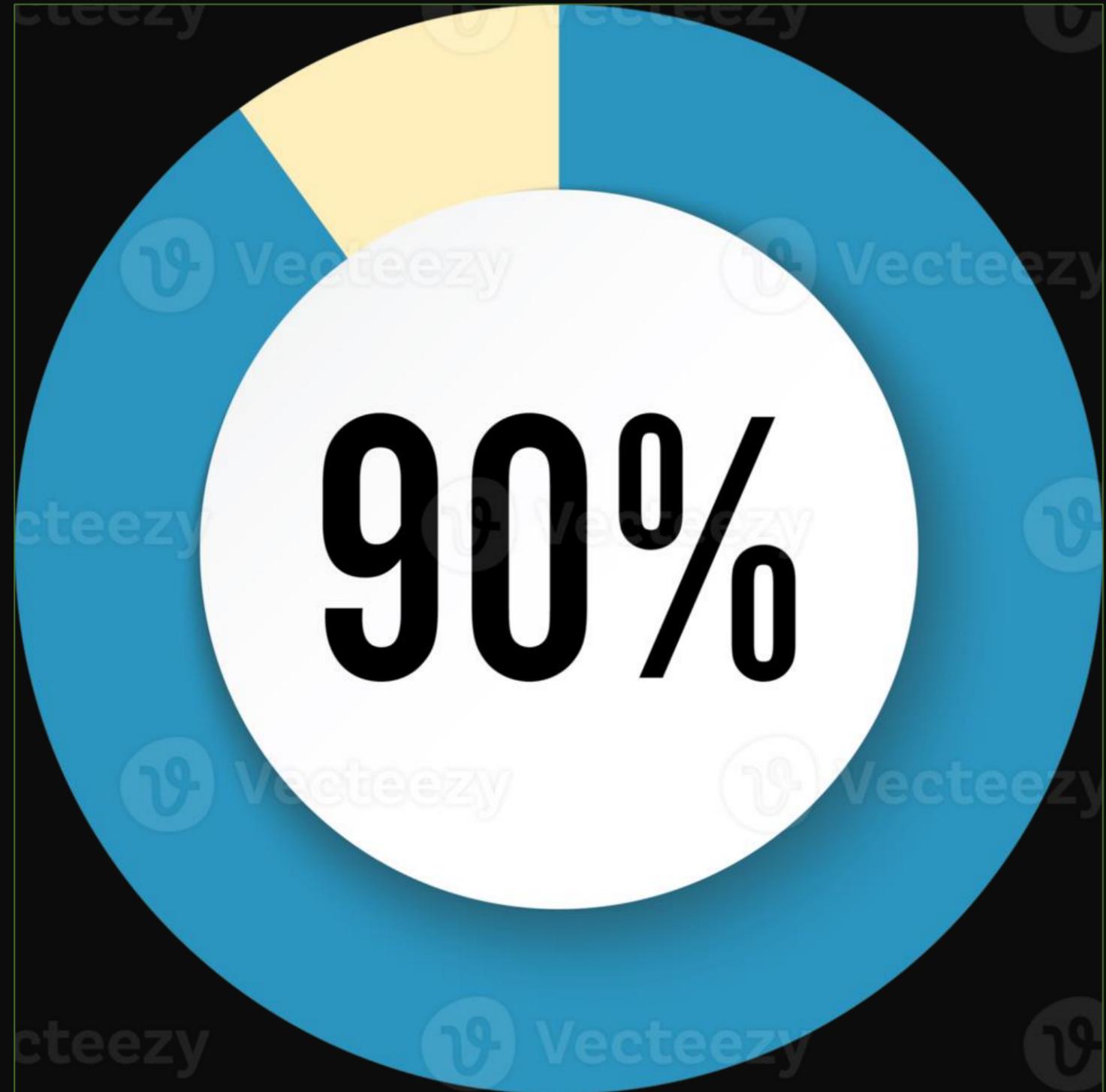


I will

\_\_\_\_\_ (plan).

at \_\_\_\_\_ (time)

in \_\_\_\_\_ (place).



”Come to me, all you who are weary  
and burdened, and I will give you rest.”

---

- Jesus



”Come to me, all you who are weary  
and burdened, and I will give you rest.”

---

- Jesus