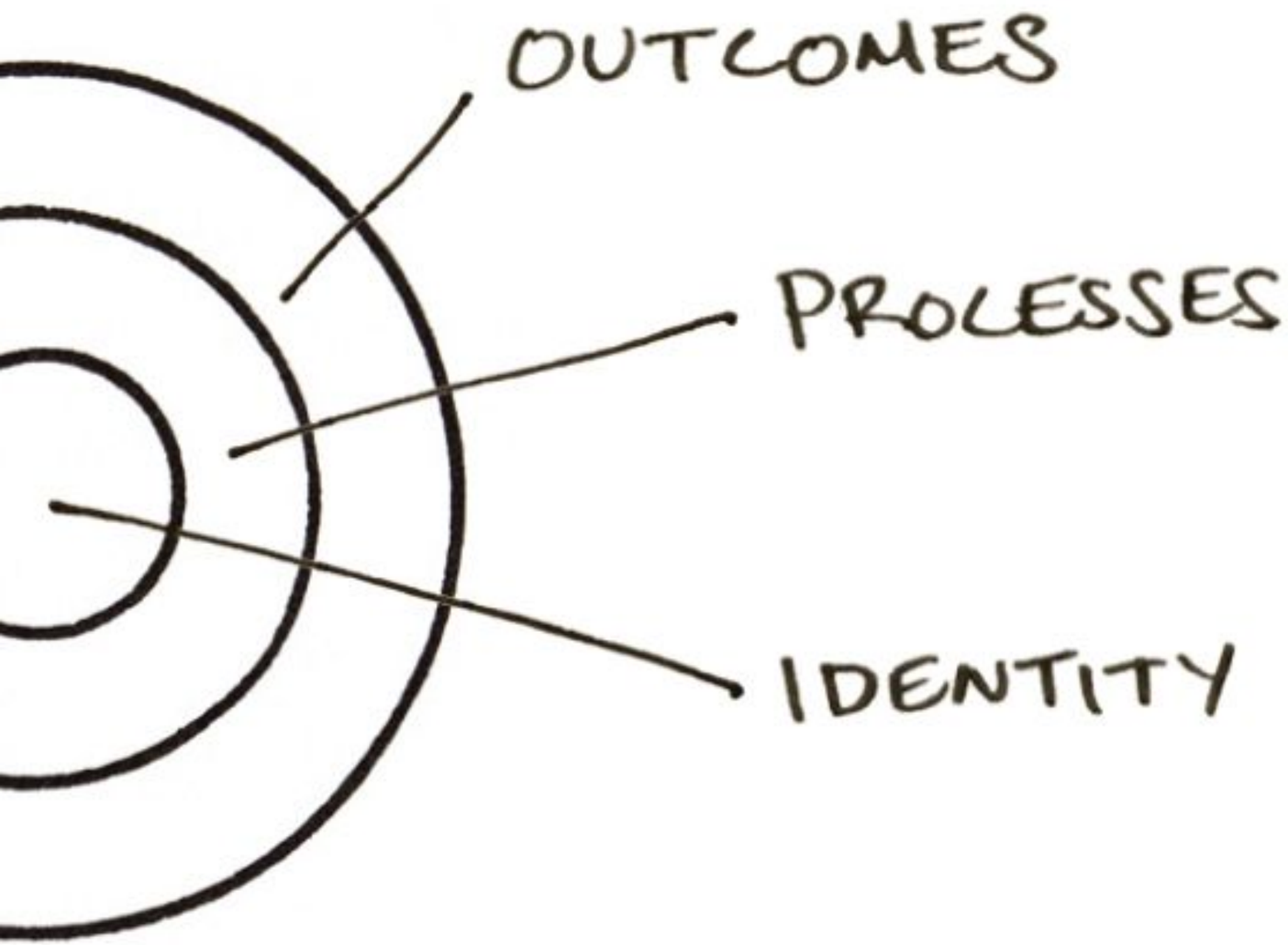

pain
VICTIM
HERO
pain
Villian
people
people
GUIDE


OUTCOMES
PROCESSES
IDENTITY

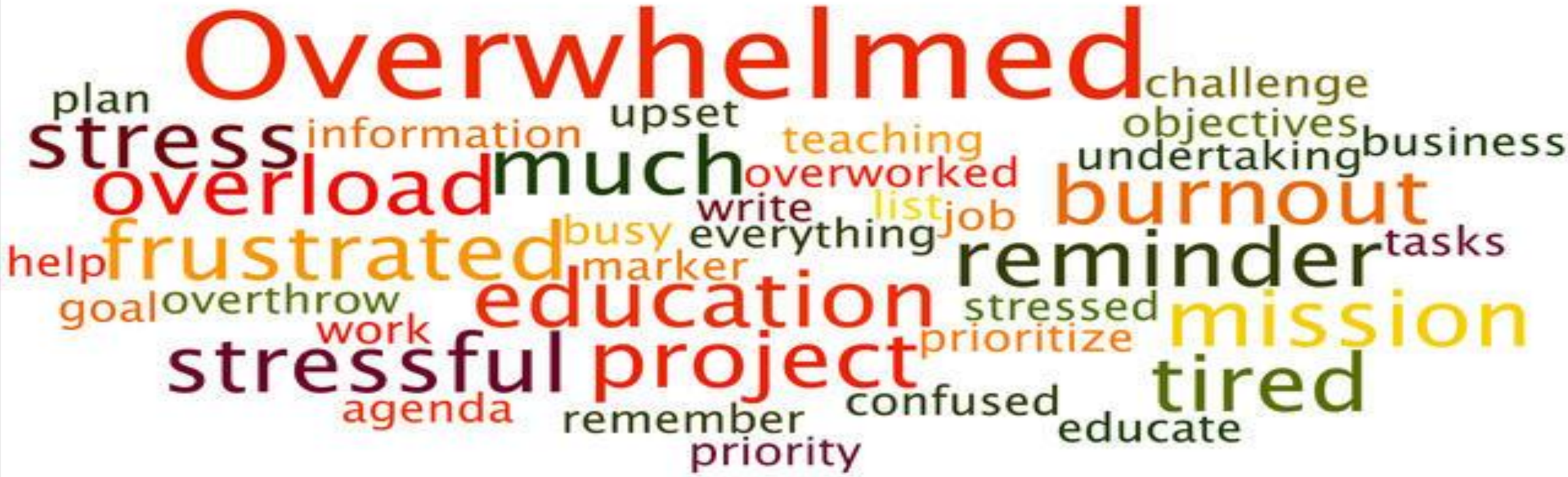

ACTIVE LEARNER
GENUINE SERVER
RESPONSIBLE CITIZEN
RESPECTFUL AMBASSADOR


BRAZIL 7592
MAUI
TAHITI 2776 Miles
HONOLULU 356 Miles
FIJI 3161 Miles
LANAI 93
AFRICA 11210
CHUNS REEF 2.7 Miles


Restaurant
food
chef
dinner
drink
coffee
eating
romantic
table
kitchen
wine
menu
cafe
lunch
meal
decor
modern
decoration
shop
fork
eat
chair
dating
cocktail
seafood
flower
grinder
elegant
business
vacation
sitting
interior
plate
wedding
knife
cutlery
traditional
cooking
setting
occupation
beautiful
dining
party
luxury
dish
customer
couple
glass
set
furniture
gourmet
crystal
lifestyle
light


DAMON'S
GRILL


Tully's
Great Food & Good Times™


Overwhelmed
plan
stress
information
upset
challenge
objectives
teaching
undertaking
business
much
overload
overworked
burnout
write
list
job
busy
everything
frustrated
reminder
tasks
help
marker
education
goal
overthrow
stressed
mission
work
prioritize
stressful
project
tired
agenda
confused
remember
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.

Genesis 2:2

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.

Psalm 23:1-3

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

Jesus offers us the
***rest* of our lives.**

And we respond with . . .


“I don’t have time.”


E
F




2%

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

Corrie Ten Boom

Make Time for GodTime.


BULLS



2001 :: Great Britain :: 248 participants



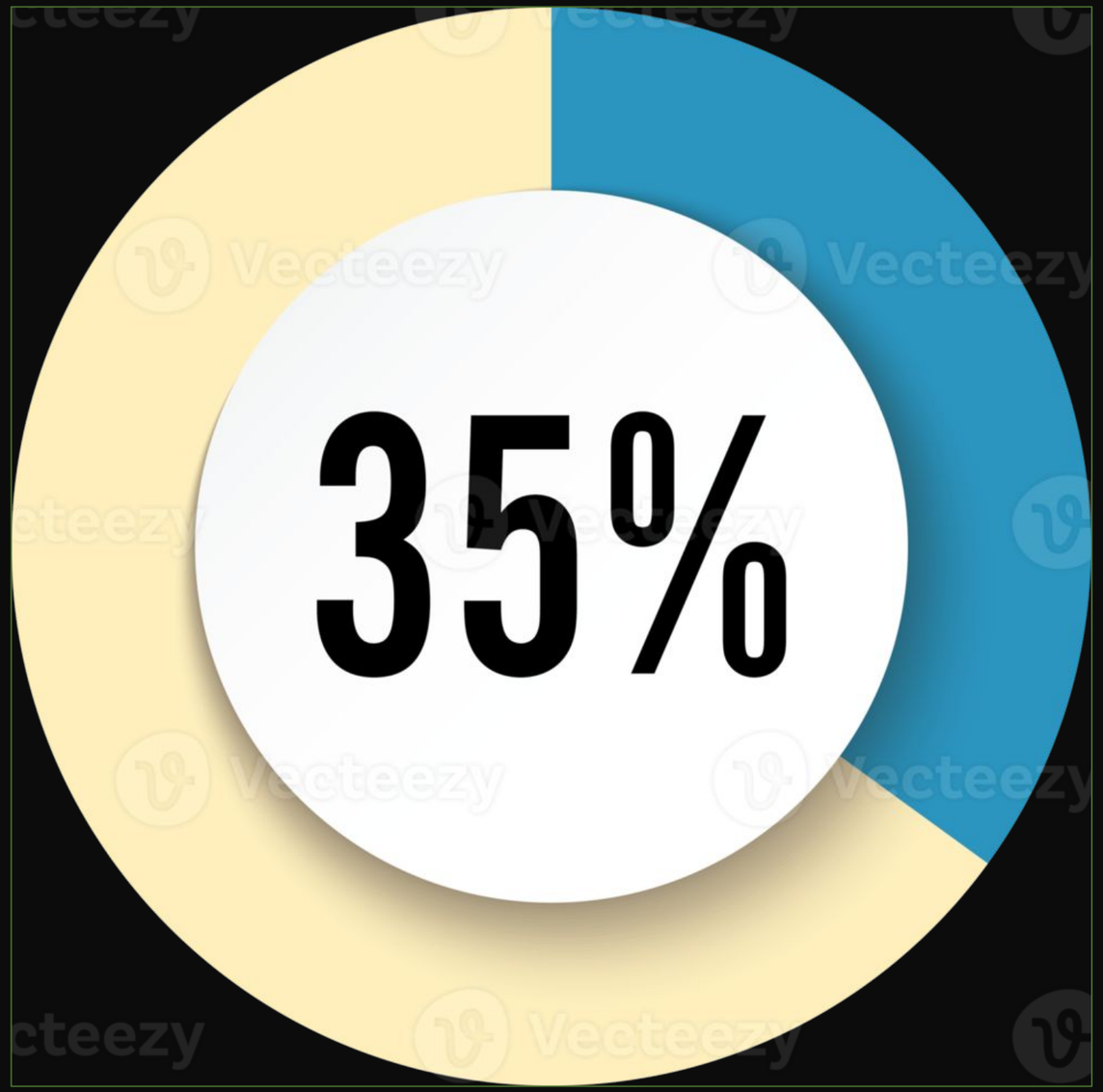


1. Track your exercise.



1. Track your exercise.





1. Track your exercise.

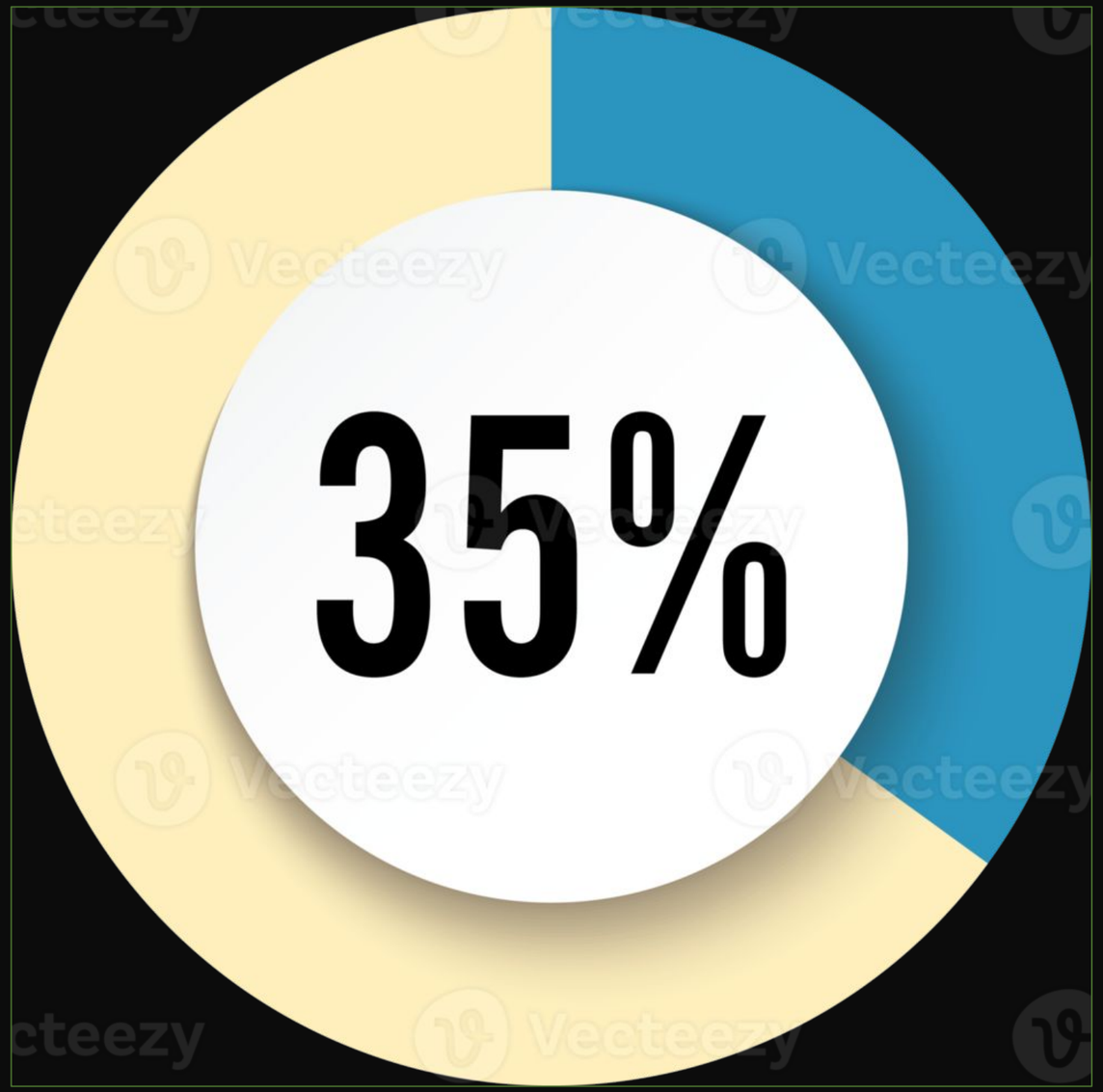
2. Learn about the benefits.



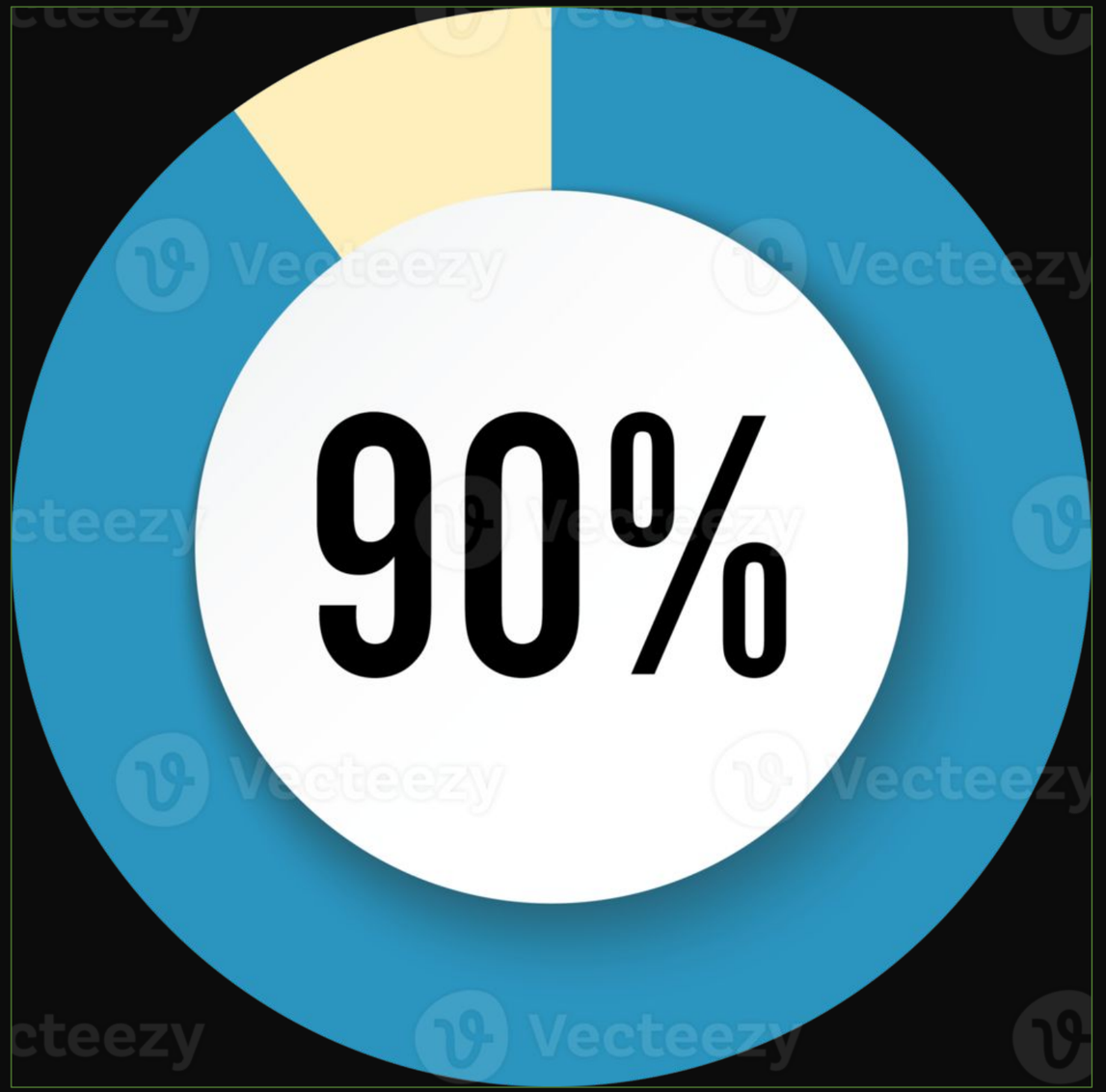
1. Track your exercise.

2. Learn about the benefits.






alamy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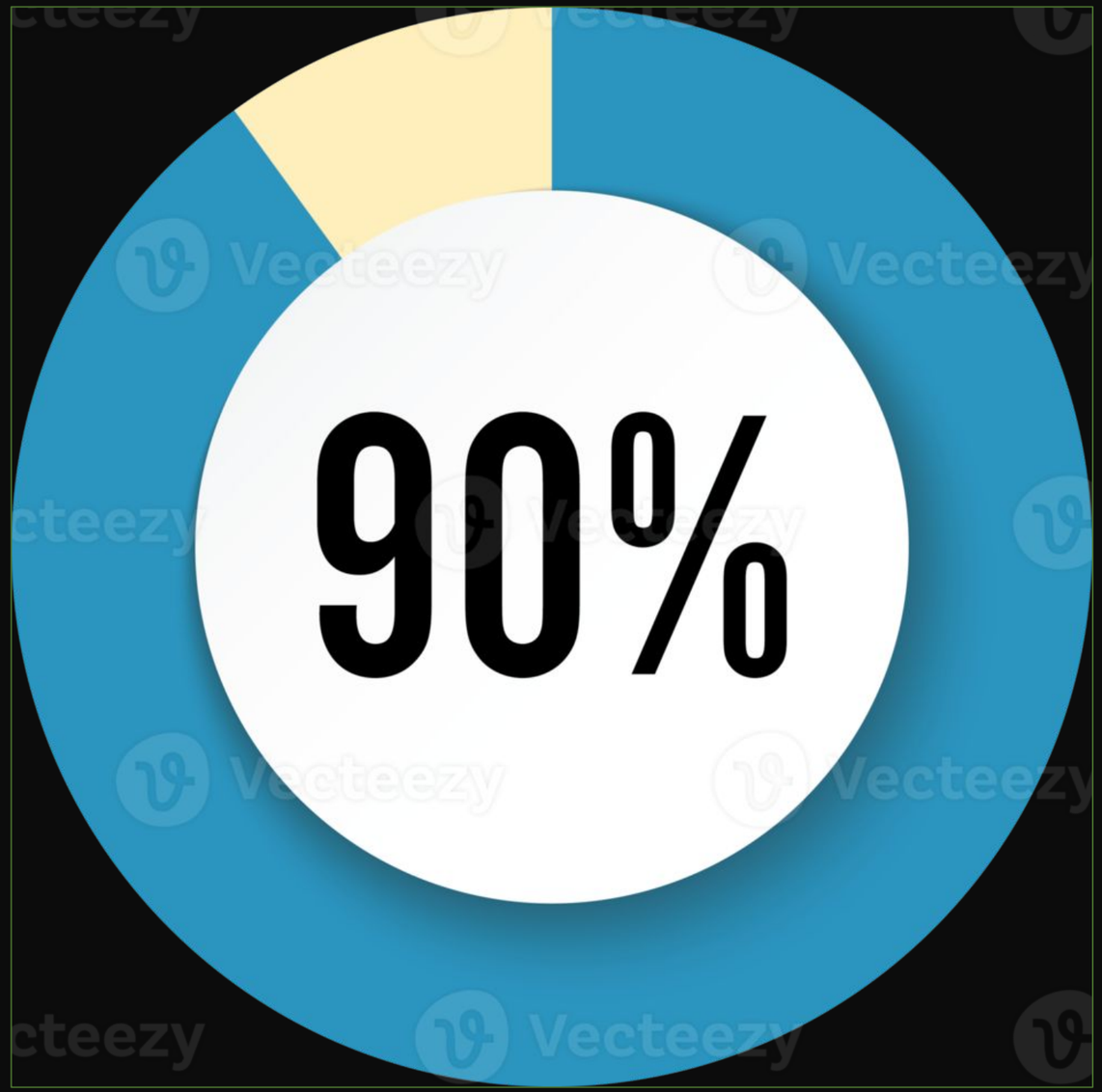
1. Track your exercise.

2. Learn about the benefits.

3. Decide on time, place and plan.





Decide on a TIME, a PLACE and a 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).



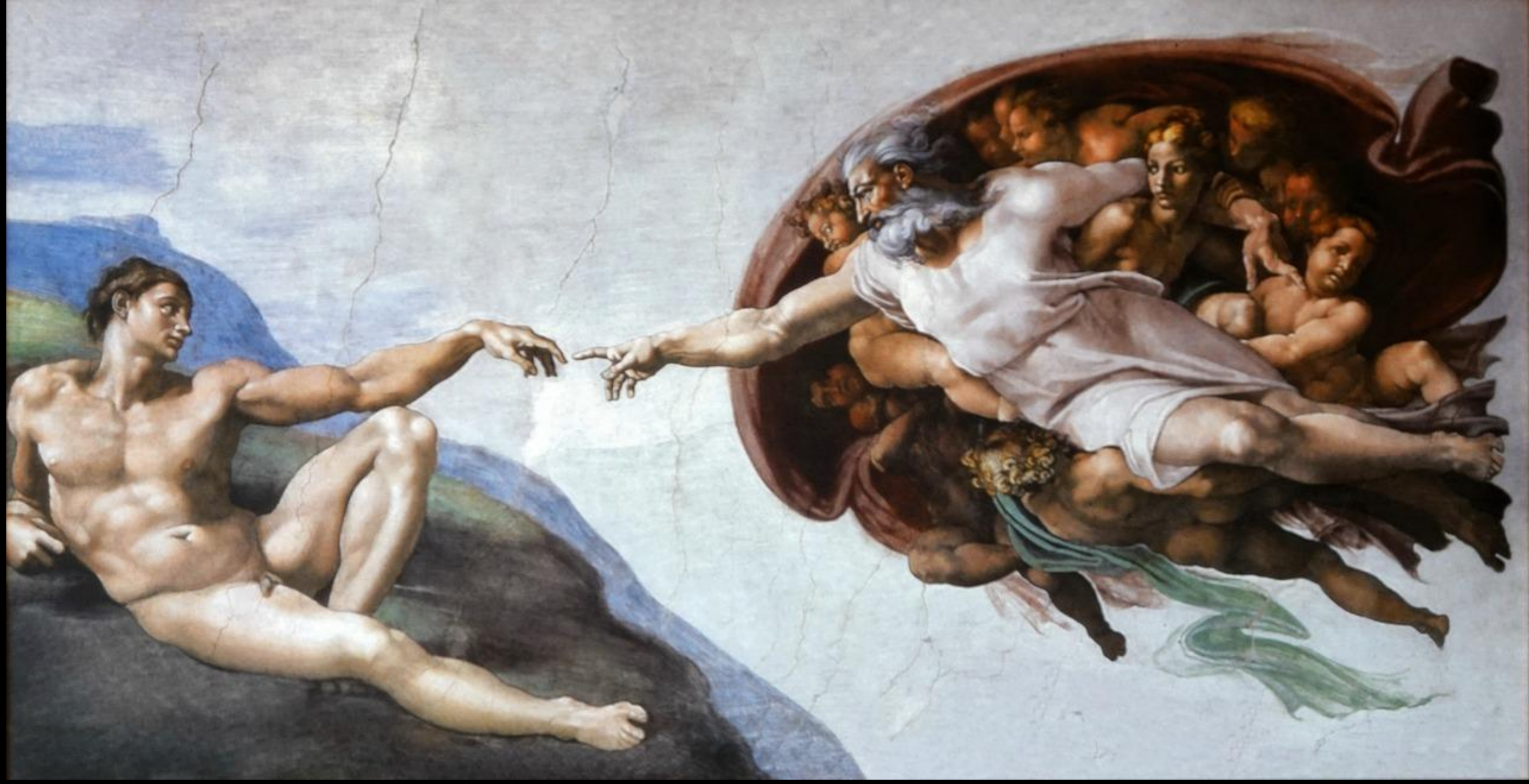

01NE%

ONE%



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

- Jesus





Make Time for GodTime.


COCA-COLA
Real Magic


Coca-Cola
ORIGINAL TASTE

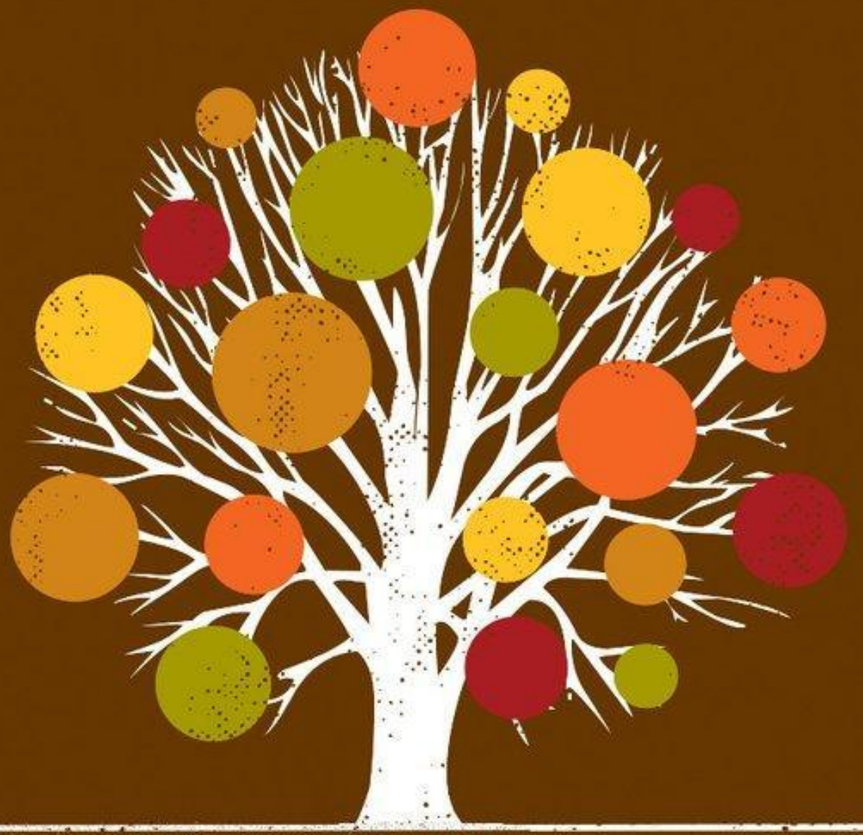

Share a Coke with
Schatje


Coke
TIME!

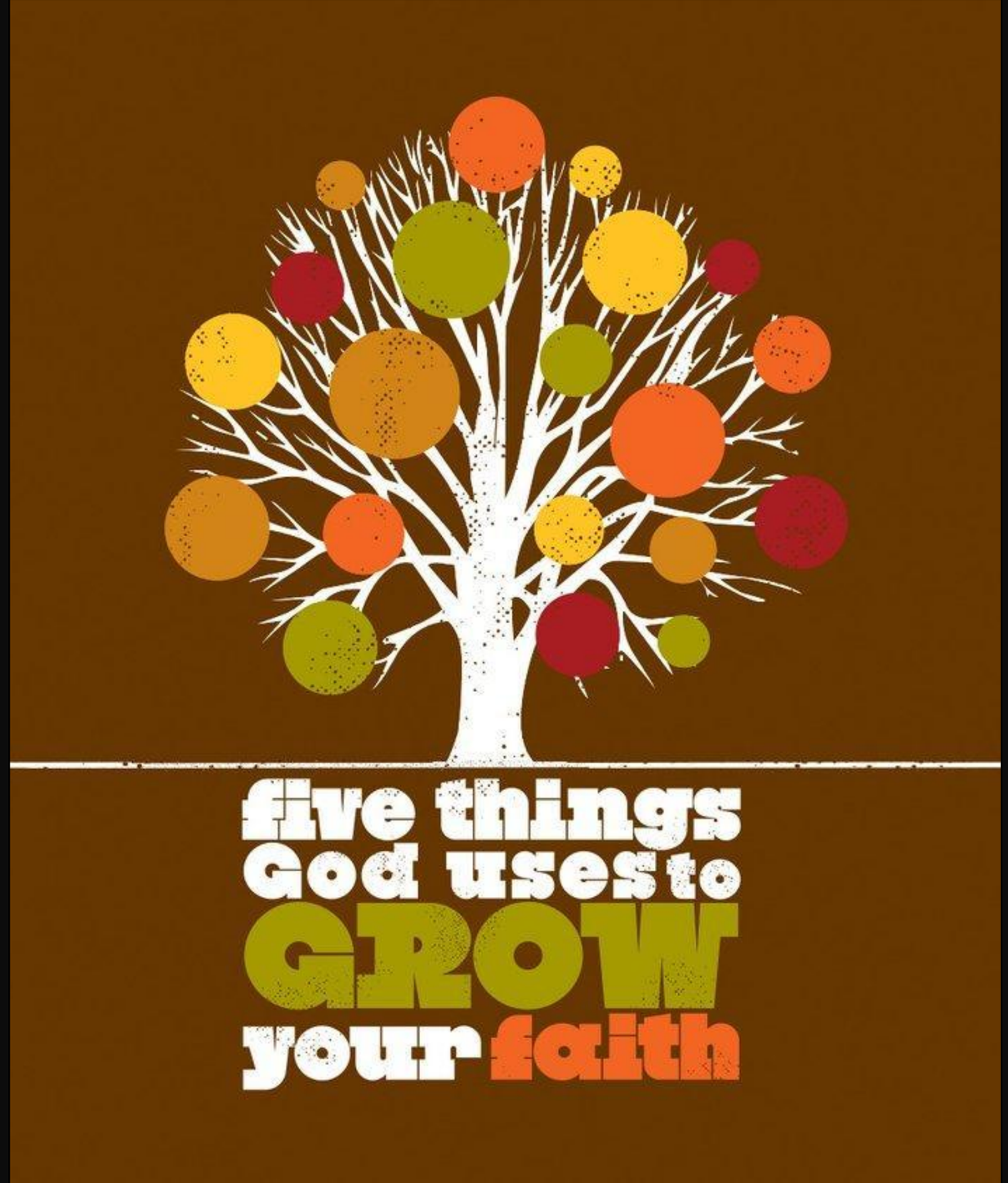


Think about your spiritual journey.

Who or what has God used to move you forward?



five things God uses to GROW your faith



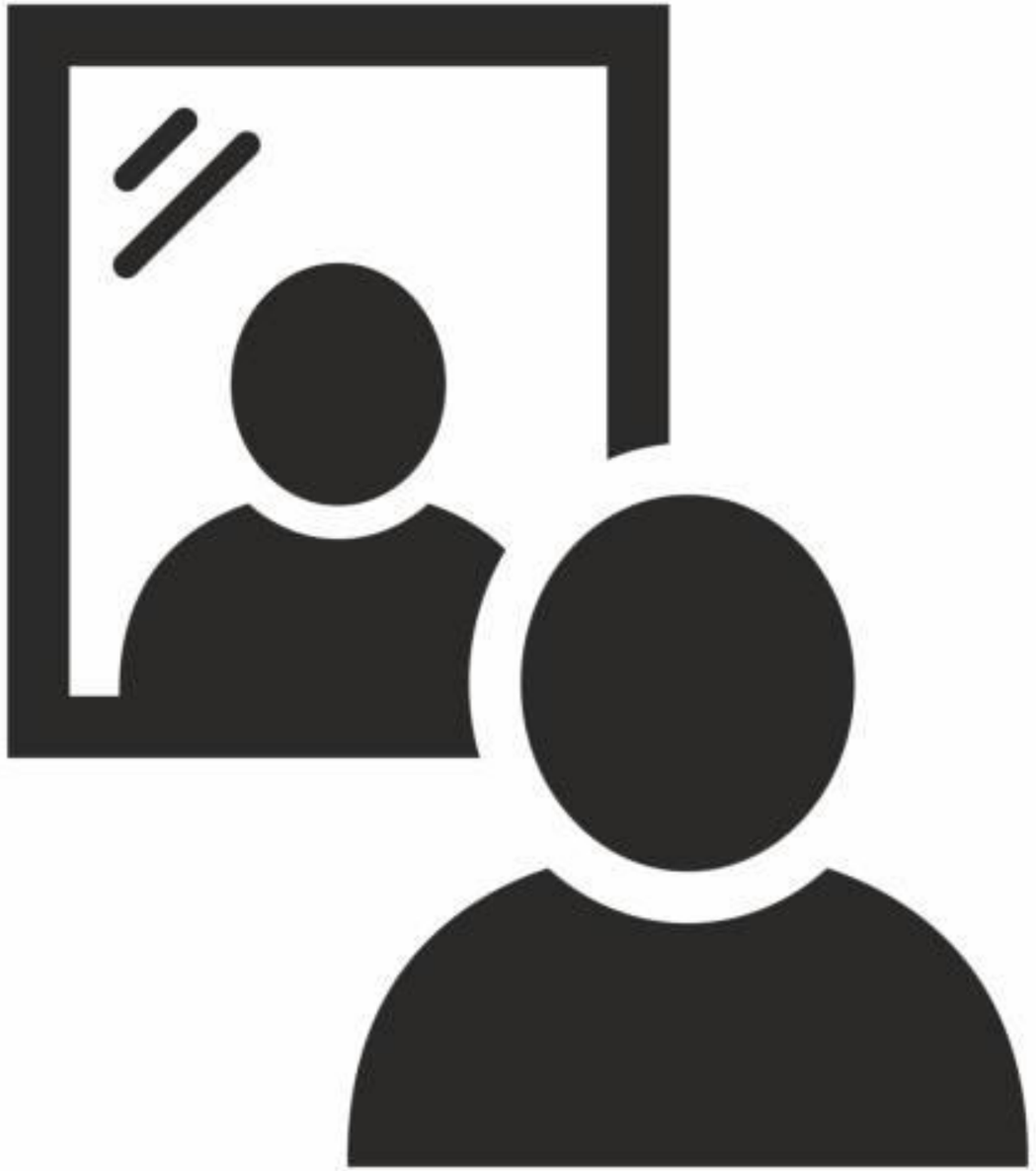
Providential Relationships

Practical Teaching

Private Disciplines

Personal Ministry

Pivotal Circumstances







Proverbs 4

My son, pay attention to what I say;
turn your EAR to my words.
Do not let them out of your sight,
keep them within your heart;
for they are life to those who find them
and health to one’s whole body.



Matthew 11:15
He who has ears to hear,
let him hear!

Matthew 13:9
He who has ears to hear,
let him hear!

Matthew 13:43
He who has ears to hear,
let him hear!

Psalm 95:8

“Today, if you hear His voice,
do not harden your heart.”

Proverbs 18:15

“Intelligent people are always ready to learn;
their ears are open for knowledge.”




OPEN
YOUR EARS

Proverbs 4

Above all else, guard your HEART,
for everything you do flows from it.



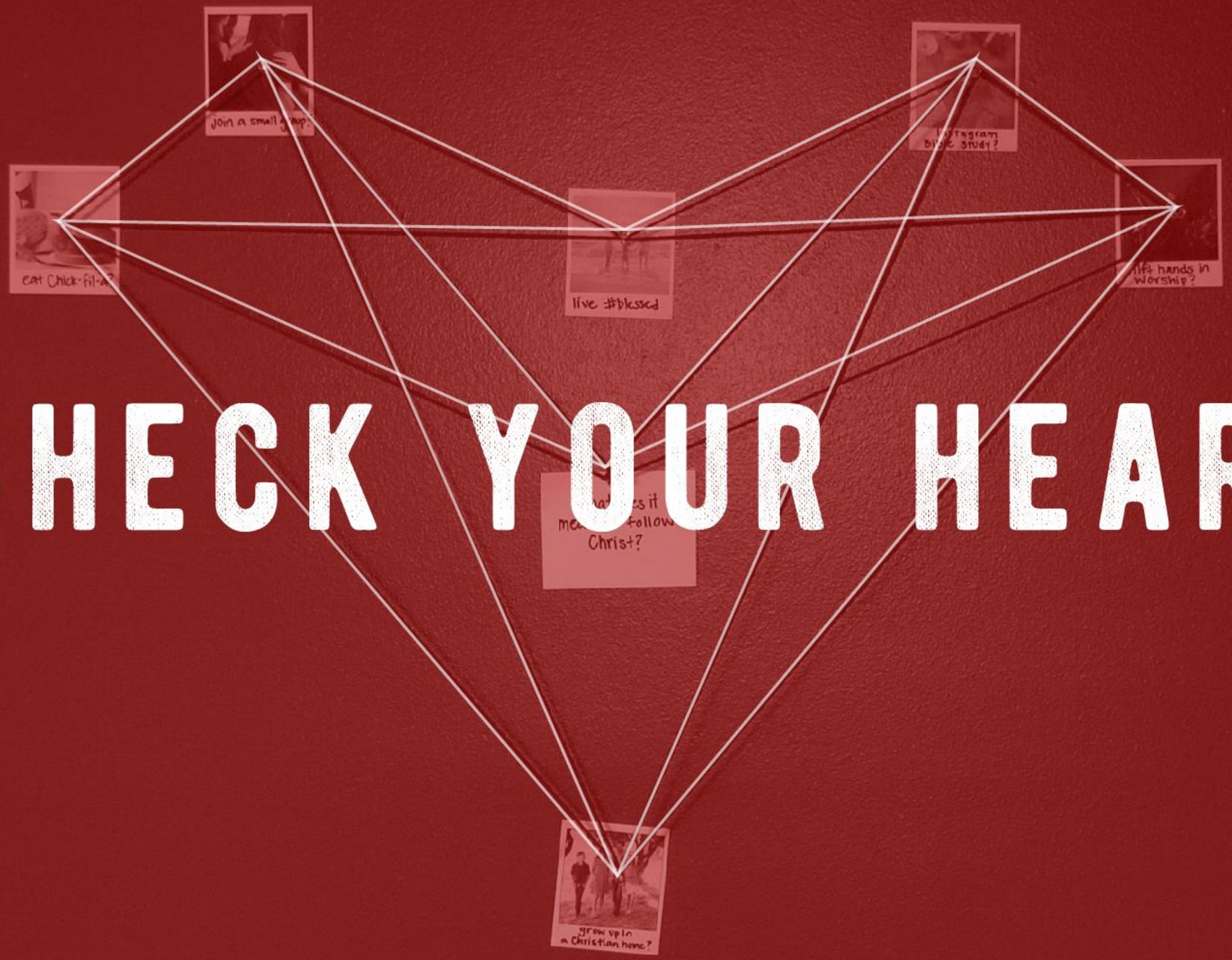
Matthew 15:19

For out of the heart come evil thoughts
—murder, adultery, sexual immorality,
theft, false testimony, slander.



Psalm 51:10
Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Ezekiel 36:26
I will give you a new heart and put a new spirit in you;
I will remove from you your heart of stone
and give you a heart of flesh.



CHECK YOUR HEART





Proverbs 4

Keep your MOUTH free of perversity;
keep corrupt talk far from your lips.



Proverbs 18:21

The tongue has the power of life and death . . .



Ephesians 4:29

Do not let any unwholesome talk come out of your mouths,
but only what is helpful for building others up
according to their needs,
that it may benefit those who listen.


watch your
mouth

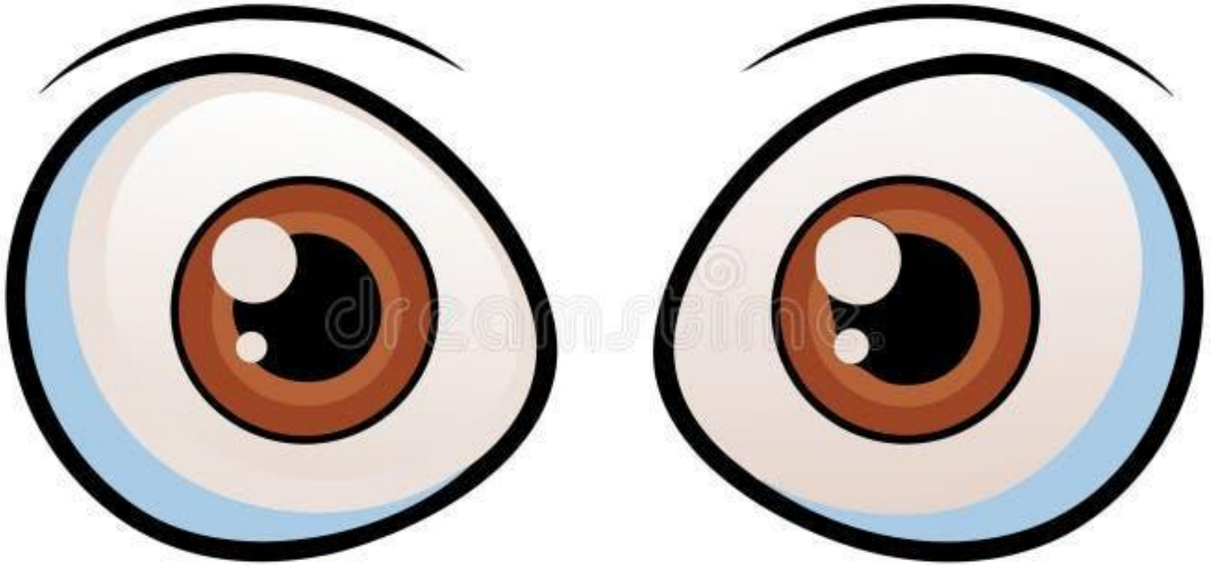






Proverbs 4

Let your EYES look straight ahead; fix your gaze directly before you.



Philippians 3:12-14

I press on to take hold of that for which
Christ Jesus took hold of me.
One thing I do: Forgetting what is behind
and straining toward what is ahead,
I press on toward the goal
to win the prize for which God
has called me heavenward
in Christ Jesus.


YOU ARE ON THE
EQUATOR
OL PEJETA
CONSERVANCY
KENYA
Latitude:0·0·0"
Alt:5990FT-
1826M



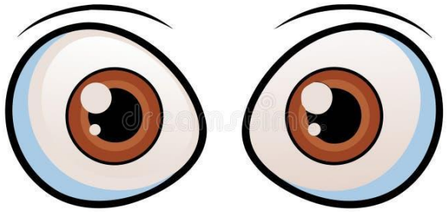



EDUCATION
MOTIVATE
GOAL
CONCENTRATE
find
ATTENTION
FOCUSING
target
BUSINESS
EDUCATION
SOLUTION
AIM
find
MOTIVATION
KNOWLEDGE
achieve
FIND
MONEY
SUCCESS
PLAN
FOCUS
IDEA
innovation
PLAN
IDEA
AIM
CONCENTRATE
PLAN
target
process
STRATEGY
brainstorming
ACHIEVE
KNOWLEDGE
BRAINSTORMING
attention
SOLUTION
TEAM
PLAN
FOCUSING
MONEY
goal
find



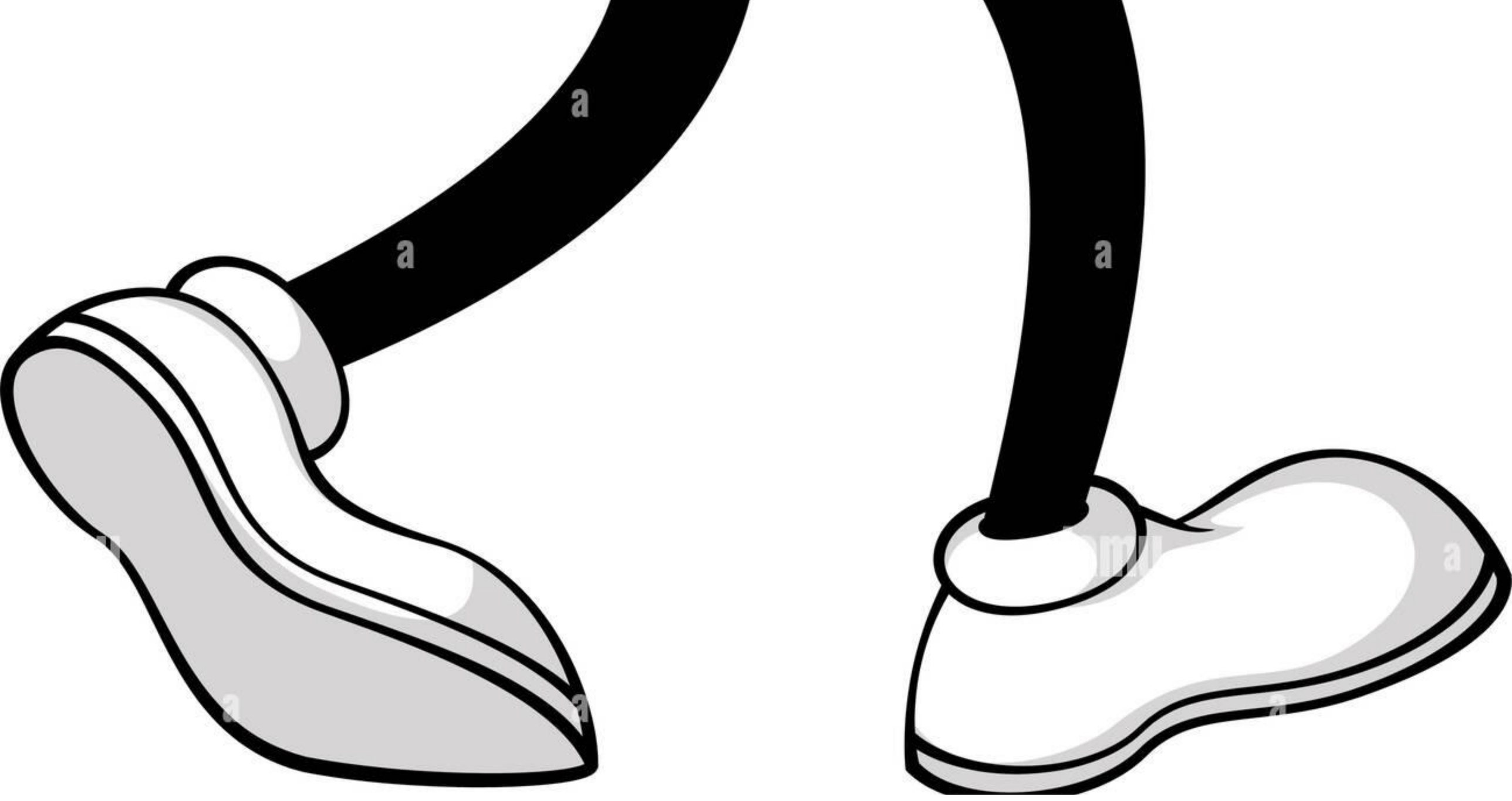






Proverbs 4

Give careful thought to the paths for your FEET
and be steadfast in all your ways.
Do not turn to the right or the left;
keep your foot from evil.



Matthew 4:19
“Come, follow me,”
Jesus said . . .

Matthew 28:19
“Go and make disciples
of all nations.”


next
step

- Open your EARS
- Check your HEART
- Watch your MOUTH
- Focus your EYES
- Move Your FEET

