

**THIS IS US**





**OVERWHELMED**

**Before you start taking things off your plate I want to challenge you to learn how to master what is on your plate and watch life flow so much smoother for you.**

**Matthew 11:28 “Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 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. 30 For My yoke is easy and My burden is light.”**

**(NASB)**

**Go to God!**

**Establish the Right Point of  
reference for your life!**

# Learn how to Live!

Overwhelmed  $\neq$  Overloaded

# Rest!

Operate from a place of peace,  
confidence in GOD's word  
spoken over your life



# Make a Decision!!

- Take yoke (what Has God said)
- Learn what the promise says (Get it in your heart)
- Go in the direction of the promise and not the problem
- Leave the results to God