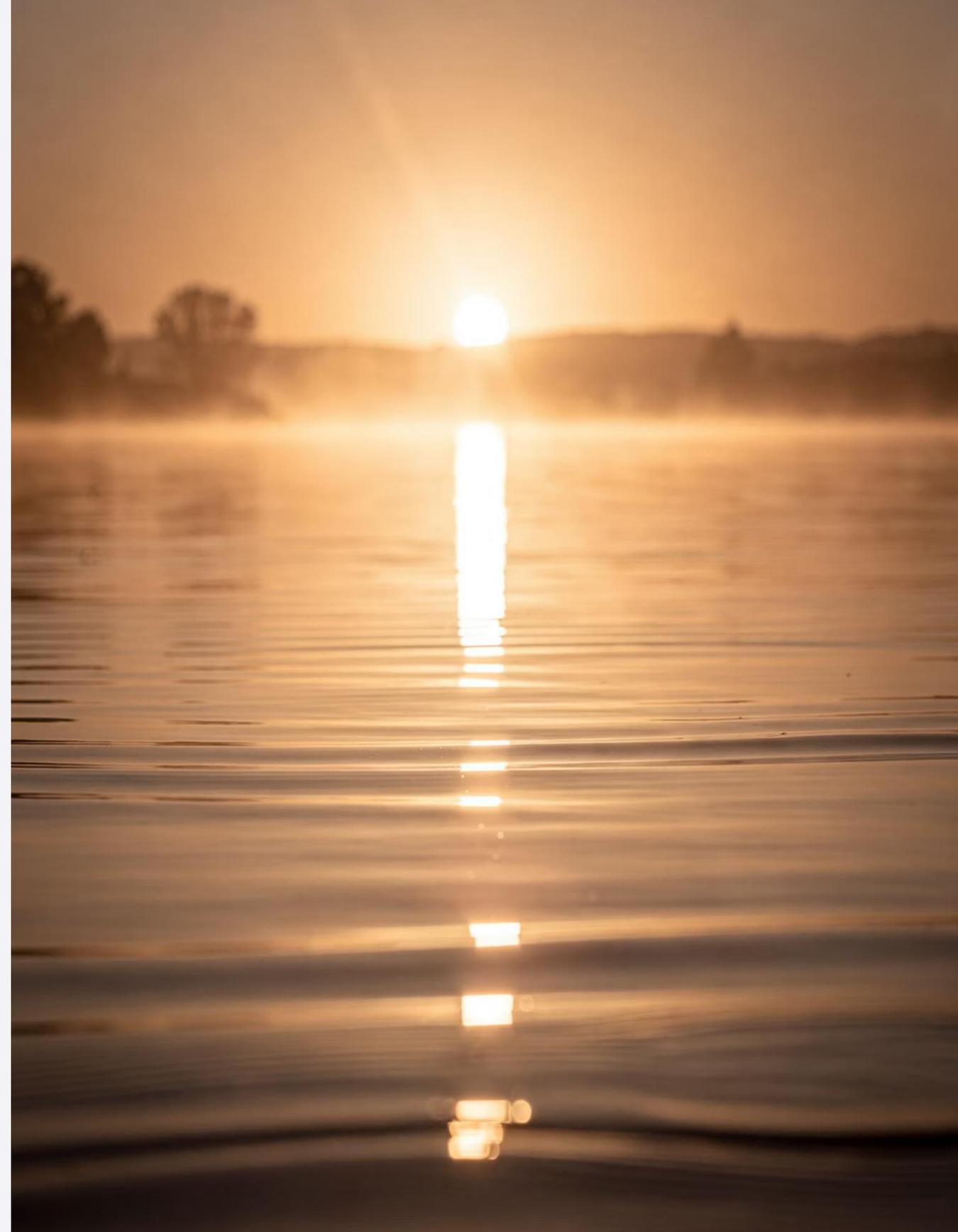


# Matthew 11:28-30



# Stress and Burn Out

**40%**

**of Pastors are  
Burned Out**

**75%**

**of Pastors report  
"Extreme Stress"**

# **Rest For The Weary**

**Matt. 11:28-30**

# 1. Admit Your Weariness





# v20 "Beat Up"

# v20 "Over Burdened"

**Our Own  
Expectations**

**Other People's  
Expectations**

**God's  
Expectations**

**"In order to rest in the grace of Christ, we must repent of self-sufficiency and self effort."**

# 2. Find Rest in Christ





Golf Courses, Cathedrals, and Castles

**Mark 6:31 And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.**

# "Take Christ's Yoke"





**"Learn From Christ"**

**Classes - Pastoral  
Care, Spirituality**

**Ed Welch -  
"Side By Side"**

**22 Verses Memorized**

**6 Books Read**

**Conference - Making  
Disciples**

**Time in Prayer**

# Application:

01

---

**Admit**

02

---

**Rest In Christ**

03

---

**Come Away**

04

---

**Submit to Christ**

05

---

**Experience His Love**