

Recover Your Life
Matthew 11: 28-30 (NKJV)

²⁸ Come to Me, all *you* who labor and are heavy laden, and I will give you rest.

²⁹ Take My yoke upon you and learn from Me, for I am ^{is} gentle and lowly in heart, and you will find rest for your souls.

³⁰ For My yoke *is* easy and My burden is light.”

“Recovery is possible in the midst of a pandemic.” – Pastor Billy Johnson.

- Don't take 2021 stuff into 2022. Release the tension. Lower your shoulders.
- We can be familiar with a bible passage and not practice the passage.

God's Directives:

Come to Me (v28)

- Come to me means from wherever you are, whoever you are
- You must move towards God, Approach God
- God's presence gives you rest

Our Decision – Take My Yoke (v29)

- Lift up and carry His yoke.
- God can handle my life better than me.

Our Development Learn of Me (v29)

- Mimic what God does (pressures, circumstances, how people treat you, how they may slander your name on social media, etc.)
- Do what God does.
- Jesus prayed (spent time with the Father)

“I wonder what would happen if we take note of what Jesus is doing.” – Pastor Billy Johnson

Discovery - Find Rest (v30)

- Spend time with God
- Unplug from activity
- Carve out some time for God
- When you get with Jesus make sure you are not trying to take the lead!

Assignment before 2022

Rest in God before 2022. Spend some time with God. Quiet and valuable time.