



SERMON NOTES

Stress Less

Stop Stressing & Start Living

Part One

Pastor Carl Toti - November 10-11, 2018

Matthew 11:25-30 (NLT)

25 *At that time Jesus prayed this prayer: "O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike. 26 Yes, Father, it pleased you to do it this way! 27 "My Father has entrusted everything to me. No one truly knows the Son except the Father, and no one truly knows the Father except the Son and those to whom the Son chooses to reveal him." 28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."*

LESSONS TO LESSEN LIFE'S TENSIONS

1. BURDENS COME IN PAIRS

Matthew 11:28 (NKJV)

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

There are two types of weariness those weary in bearing and those weary in being.

LABOR

Greek Word: κοπιᾶω

Transliteration: kopiaō

Phonetic Pronunciation: kop-ee-ah'-o

Strong's Talking Greek & Hebrew Dictionary.

Kopiaō means a. "beating," "weariness as though one had been beaten." Theological Dictionary of the New Testament – Volume III.

Acts 17:28 In Christ we "live and move and have our being."

HEAVY LADEN

Greek Word: φορτίζω

Transliteration: phortizō

Phonetic Pronunciation: for-tid'-zo

To load up (properly as a vessel or animal).

Strong's Talking Greek & Hebrew Dictionary.

Psalms 73:5 (NAB)

5 *They are free of the burdens of life; they are not afflicted like others.*

2. ACCEPT CHRIST'S INVITATION

Matthew 11:28

"Come to Me..."

"In the writings of the philosophers, I find many a wonderful saying, many a word that kindles the emotions; but in none do I find these, 'Come unto me.'"

– St. Augustine

Jeremiah 2:13 (NLT)

"For my people have done two evil things: They have abandoned me— the fountain of living water. And they have dug for themselves cracked cisterns that can hold no water at all!"

Revelation 22:17 (NKJV)

17 And the Spirit and the bride say, "Come!" And let him who hears say, "Come!" And let him who thirsts come. Whoever desires, let him take the water of life freely.

An empty heart is an invitation to the devil.

Vance Havner