

Get Real...When You've Lost Your Balance

 Matthew 11:28–30 (NIV) “Come to me, all you who are weary and burdened, 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.”

Jesus wants us to [recognize the risk of being overloaded](#).

 Matthew 11:28 (NIV) “Come to me, all you who are weary and burdened, and I will give you rest.”

 Job 14:5 (NCV) “Our time is limited. You have given us only so many months to live and have set limits we cannot go beyond.”

Jesus wants us to [accept the help that He offers](#).

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What to do with life's burdens:

1. We must [shoulder](#) some burdens. (Galatians 6:5)

2. We should [share](#) some of the burden. (Galatians 6:2)

3. We can [shift](#) all of our burdens. (1 Peter 5:7 & Psalm 55:22)

 Galatians 6:5 (NIV) “...each one should carry his own load.”

 Galatians 6:2 (NIV) “Carry each other's burdens, and in this way you will fulfill the law of Christ.”

 1 Peter 5:7 (NIV) “Cast all your anxiety on Him because He cares for you.”

 Psalm 55:22 (Msg) “Pile your troubles on God's shoulders— He'll carry your load, He'll help you out. He'll never let good people topple into ruin.”

 Isaiah 40:29-31 (NLT) “He gives power to those who are tired and worn out; He offers strength to the weak. ³⁰ Even youths will become exhausted, and young men will give up. ³¹ But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.”

Digging Deeper—Is your life out of balance? What is stressing you out? What burden are you carrying? Are you willing to come to

 Christ for help? Are you willing to give up control? Are you open to learning from Him? What do you need to with your burdens?