

RESTORING BALANCE TO OVERLOADED LIVES

Enjoying God's Reign by Releasing Heavy Loads

RESOLVING TO SLOW DOWN

Defusing the Effects of a Hurried Lifestyle

(April 26th)

REBUILDING MARGINS INTO YOUR LIFE

Benefiting from Adding Margin into Your Life

(May 3rd)

REFILLING YOUR EMOTIONAL RESERVIOR

Writing Biblical Prescriptions for Depleted Emotional Resources

(May 10th)

RENOUNCING LIES THAT KEEP YOU BUSY

Telling Yourself the Truth About Overdoing It

(May 17th)

FLAG OF MY FATHER

A Memorial Day Message and Choir Cantata *(May 24th)*

REFOCUSING YOUR LIFE

Discovering Pentecost's Purpose to Restoring Margins

(May 31st)

REWORKING YOUR WORK

Making Your Work Work for You

(June 7th)

REFUELING YOUR SOUL

Being Filled with the Fullness of Christ's Love and Power

(June 14th)

RESPECTING YOUR BODY

Taking Good Care of God's Gift to You

(June 21st)

RE-FILLING YOUR EMOTIONAL RESERVOIR

Writing Biblical Prescriptions for Depleted Reserves

May 10, 2009

SW303

INTRODUCTION

Rx: 1 Rest Your _____

Matthew 11:28-29 (Amplified)

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. I will ease and relieve and refresh your souls. 29 Take My yoke upon you and learn of Me, for I am gentle meek, humble, lowly in heart, and you will find rest, relief and ease, refreshment and recreation and blessed quiet for your souls.

Rx: 2 Relax Your _____

Isaiah 28:12

This is the time and place **to rest...**

Rx: 3 Release Your _____

A. _____

B. _____

C. _____

Rx: 4 Envision Your _____

In Your Bible:
Romans 5:1-5
(Page 1116 in the Pew Bible)

Rx: 5 Express Your _____

1 Thessalonians 5:18
...**give thanks** in all circumstances, for this is God's will for you in
Christ Jesus.

Rx: 6 Lift Up Your _____

Psalms 84:10a
Better is one day in your courts than a thousand elsewhere...

Rx: 7 Cultivate Your _____

Philemon 7
Your love has given me great joy and encouragement, because
you, brother, have **refreshed the hearts** of the saints.

Rx: 8 Reconcile Your _____

Ephesians 4:30-32 (The Message)
Don't grieve God. Don't break His heart. His Holy Spirit, moving and
breathing in you, is the most intimate part of your life, making you fit
for himself. Don't take such a gift for granted. 31 **Make a clean break**
with all cutting, backbiting, profane talk. 32 Be **gentle** with one
another, **sensitive**. **Forgive one another** as quickly and thoroughly as
God in Christ forgave you.

Rx: 9 Prioritize Your _____

1 Peter 4:10
Each one should use whatever gift he has received to **serve others**,
faithfully administering God's grace in its various forms.

Rx: 10 Recognize Your _____

Acts 10:25-26
As Peter entered the house, Cornelius met him and fell at his feet in
reverence. 26 But Peter made him get up. "Stand up," he said, "**I am
only a man myself.**"

CONCLUSION