

MSG: LOAD MANAGEMENT

SCRIPTURE: Matthew 11:25-30 NIV

SZN BREAK 2: REST LIKE JESUS

Matthew 11:25-30 NIV

“At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do. “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. “Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.”

STORY: NBA Load Management

Today we're expected to run 200MPH ALL THE TIME. Everyone and everything is literally fighting and vying for your time, attention, your dollar and your focus. Wouldn't it be much easier if life were more like 2K where we could just press pause and have everything stop. Including ourselves but more so everything around us-all the problems, challenges, dilemmas and stresses could just... pause.

Those of us who are weary, tired, stressed, overwhelmed, burdened and on the brink of a breakdown. So the question then becomes how do we manage the purpose, the calling, our families, our relationships in a way that we live in the promise that Jesus gives us. How do we manage the load of our lives. I believe by Resting in Him, You can win...As long as you keep your head to the sky..Be Optimistic. So how do actually do this...

1. **MANAGE YOUR INTIMACY WITH GOD.**

“...AS LONG AS YOU KEEP YOUR HEAD TO THE SKY”

THE PRESENCE OF GOD RELIEVES THE PRESSURES OF LIFE

-INTIMACY WITH THE FATHER REVEALS HIDDEN THINGS FOR YOU, FROM HIM. RELATIONSHIP

-Jesus shows us in Matt 11, His effectiveness comes from the confidence and trust in His relationship with the Father!

-You might be hustling backwards, “all over the place” “your unsettledness reveals more about your lack of trust in God, than your grind.”

2. **MANAGE HIS MISSION.**

“...EYES ON THE PRIZE”

YOUR MISSION IS HIS MISSION

-HIS PURPOSES FOR YOUR LIFE IS ULTIMATELY IN JESUS .

HIS GENTLENESS IS GREATER THAN YOUR GRIND.

- When you've been on mission, when you've been fighting, you have to get rest or else.
- His Yoke, For His Mission " My yoke is easy"
- His tools for His mission is gentleness and love, not anxiety and worry.

3. MANAGE YOUR ENERGY

"...YOU CAN WIN..."

He's Already Won! Rest In His Victory!

"THIS IS YOUR FATHER'S BUSINESS NOT YOUR BUSINESS"

You will put yourself in an early grave trying to sustain God's mission for your life in your strength.

- Maintain Regular Exercise, healthy eating and sleeping habits.
- Unplug- turn of your devices!
- Capacity management
- Rest in the game (MJ, LBJ, Kobe)

4. MANAGE YOUR OUTLOOK

"...BE OPTIMISTIC"

- His Word
- Prayer
- Journaling
- Meditation
- Yoga
- Make Investments and Withdraws On Relationships (Chill With Your Homies, Your Brothers Your Sisters, Fam)
- Pleasurable Experiences (Yard Work, The Beach, Fun Activities, great food)
- Therapy/Counseling - individual, family/couples
- Vacation - Change Of Scenery

WHEN YOU REST IN HIM...You can manage the load, YOU CAN WIN...AS LONG AS YOU KEEP YOUR HEAD TO THE SKY...BE OPTIMISTIC!