

# stressors

how to survive (and thrive) when life gets crazy

## What are the main stressors in your life?

- 1) family
- 2) people
- 3) money
- 4) job
- 5) miscellaneous

TODAY: the stress of unmet expectations and failed dreams (**disappointment**)



28 Come to Me, all 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 of heart, and you will find rest for your souls.

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

The words of Jesus, Matthew 11:28-30



**Invitation:** <sup>28</sup> Come to Me all who are weary  
and burdened,  
**Promise:** and I will give you rest.

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Take My yoke upon you



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