



IT'S ALL ABOUT JESUS (Part 3)

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Acts 4:12 NIV

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Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved.
- Acts 4:12 NIV

BIG IDEA: Jesus is the one and only Savior of the world.

TWO BURDENS YOU NEED NOT CARRY :

1. THE BURDEN OF ANXIETY.

On a scale of 1-10, how much time do you spend worrying about your past, present or future?

"When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened!"
- Sir Winston Churchill

- 1) DOES GOD KNOW MY SITUATION ?
- 2) IS ANYTHING TOO HARD FOR GOD TO HANDLE ?
- 3) DOES GOD HAVE A GOOD PLAN FOR MY LIFE ?

- RETURN TO YOUR REST, my soul, for the Lord has been good to you. - Psalm 116:7 NIV

2. THE BURDEN OF BURNOUT.

Burnout Checkup:

- 1) PHYSICALLY : Do you wake up feeling tired and/or exhausted most mornings?
 - 2) RELATIONALLY : Do you treat people with a fair degree of callousness?
 - 3) EMOTIONALLY : Has your sense of humor become less obvious to yourself and/or others?
 - 4) SPIRITUALLY : Do you feel that you are not accomplishing anything worthwhile?
- "Come to me, all you who are weary and burdened, and I WILL GIVE YOU REST." - Jesus, - Matthew 11:28a NIV

ἀναπαύω |anapauō|
Rest: From ana "up" and pauō "to make cease."
i.e., a cessation from toil, a refreshment, an intermission.

- "If anyone is thirsty, let him COME TO ME and drink." - Jesus, John 7:37b BSB
- "...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." - Jesus, Matthew 11:29-30 NIV

If you're weary & burdened, you're doing too much.

"Despite my to-do list, I have only one thing to do:
Worship Him, love Him, listen to Him, REST IN HIM.
- Randy Alcorn, *It's All About Jesus*.

- Praise be to the Lord, to God our Savior, who daily bears our burdens. - Psalm 68:19 NIV

Jesus, I come to You now and give You all my burdens:
