

## Overloaded – 1 “No Stress”

Overload = overwhelm  
= to burden or weigh down  
= to overcharge  
= to strain or STRESS - (to overload something or someone is to bring stress)

Matthew 11:28-30 (KJV)

1. Come to Jesus
2. Take His yoke
3. Learn of Him

Fear, worry, anxiety and stress are the fruit of an overloaded (overcharged) heart.

I Corinthians 10:13 (KJV) (NLT)

Luke 21:5-36 (ref) [ Destruction of the Temple / signs of the times ]

Vs. 19 (KJV) “In your patience, possess ye your souls.”

Vs. 26 (KJV) “Men’s hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.”

Men’s hearts failing for:

1. Fear
2. Eyes on circumstances rather than God’s faithfulness

NOTE: what’s going on around us doesn’t cause stress, but rather how we process or perceive it.

FEAR – a distressing emotion aroused by impending danger, evil, pain, etc. – whether the threat is real or imaginary.

Worry = meditating on a lie

Anxiety = imagining the worst outcome

Stress = overload (an overcharged) heart

FEAR = II Timothy 1:7 (ref)

Joshua 1:9 (ref)

Luke 1:74-75 (ref)

Isaiah 41:10 (Ampl)

I John 4:18 (KJV)

Example: Snake story

“No worries”

“No stress”