

SERMON NOTES

Happy Mother's Day 2022

Pastor Sheri Schaefer & Pastor Sarah Kimberly - May 1, 2022

Meditation Verse

"Come to me, all you 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 in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Matthew 11:28-30 NIV

1. 5 Common Stressors

- Time demands
- Finances
- Relationship demands
- Self-doubt
- No time alone

2. "His" Ways

A. Find a good friend and a small group.

*"A man who has friends must himself be friendly,
But there is a friend who sticks closer than a brother."*

Proverbs 18:24

everyday they spent time in the temple and in homes.

Acts 5:42

B. Learn to laugh.

*"A merry heart does good, like medicine,
But a broken spirit dries the bones."*

Proverbs 17:22

C. Take a walk, go outside, exercise, worship, sing.

*"Make a joyful noise to the Lord, all the earth!
2 Serve the Lord with gladness! Come into his presence with singing!"*

Psalms 100:1-2

D. Take a mommy time out

Jesus withdrew to pray - Luke 5:16

E. Take regular date nights

Two people are better off than one, for they can help each other succeed.

Ecclesiastes 4:9

F. Stay continually filled with joy and the Holy Spirit.

Acts 13:52

ANNOUNCEMENTS

FAMILY DINNER

Sunday May 15th

5:30 pm - Sign up to bring something and enjoy some fun and fellowship.



BAPTISM

Sunday May 22nd

Register on your communication card.

Join us next week as we begin our new series "Made Whole".