



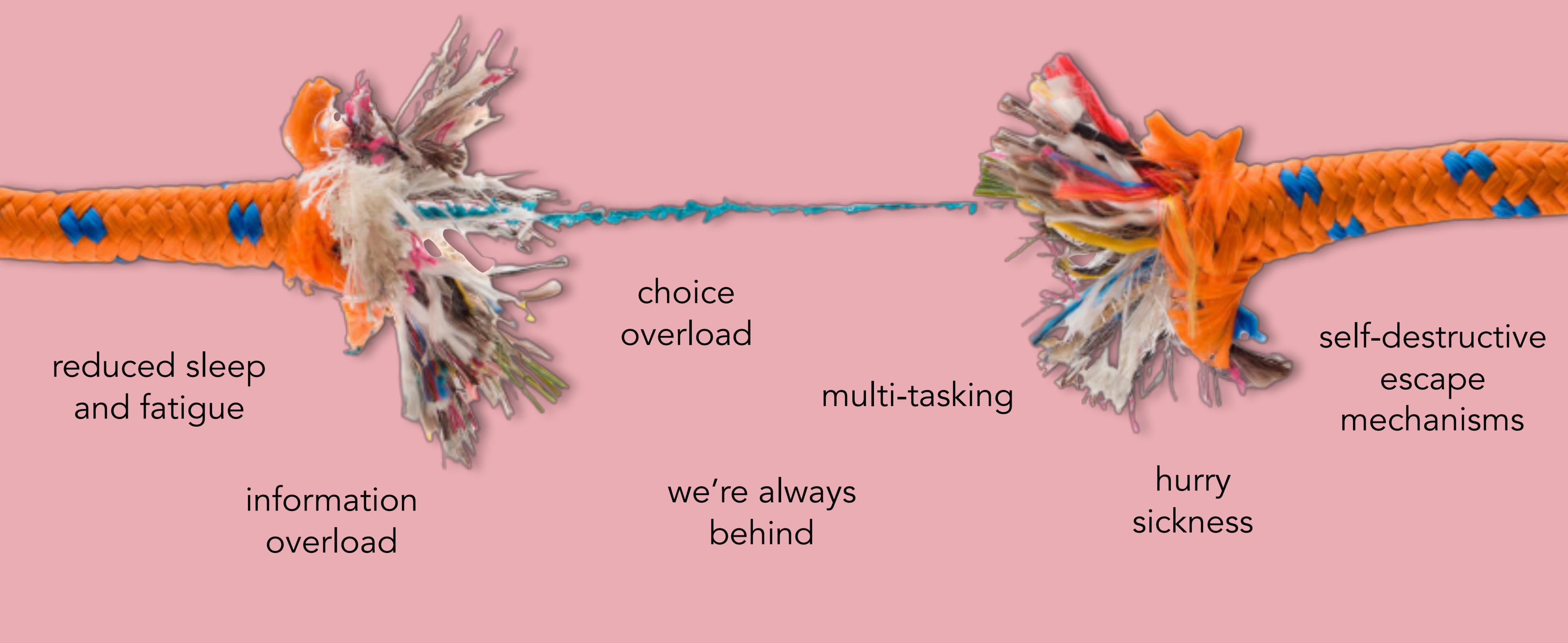
burned out
on burnout?

1. rest for your soul



diagnosing the american soul

- 40% of Americans are more anxious than they were last year (APA). Anxiety disorders affect 18.1% of adults in the US.
- Suicide is the 10th leading cause of death in the US and the second leading cause of death among people ages 15-24
- 6.4% of adolescent boys and 19.4% of adolescent girls have experienced a major depressive episode
- 30% of American adults have symptoms of insomnia
- up to 50 million Americans suffer from 80 identified autoimmune diseases



reduced sleep
and fatigue

information
overload

choice
overload

we're always
behind

multi-tasking

hurry
sickness

self-destructive
escape
mechanisms



the attention economy: mental cigarettes

- a financial model based on getting people to pick up their phones
- Average American phone use: 4 hours/day; picked up 150x/day, 1,500 hours or 10 weeks/year
- increases dopamine levels, which is why it's addictive
- also increases our cortisol (stress) levels which are correlated to increased depression, obesity, metabolic issues, type-2 diabetes, fertility, high blood pressure, heart attack and stroke



FOMO (fear of missing out) & social media

- correlated with higher rates of depression, anxiety and lowered self-esteem
- happens to people of all age ranges, not just millennials but 70-year-olds, too



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.

Matthew 11:28-30

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we can be very soul ignorant

Jesus is our soul therapist

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from Jesus to you and I

look into His eyes

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this originally referred to external burdens placed on people by the hyper-religious

we also carry burdens and expectations which others—or we ourselves—have placed upon ourselves

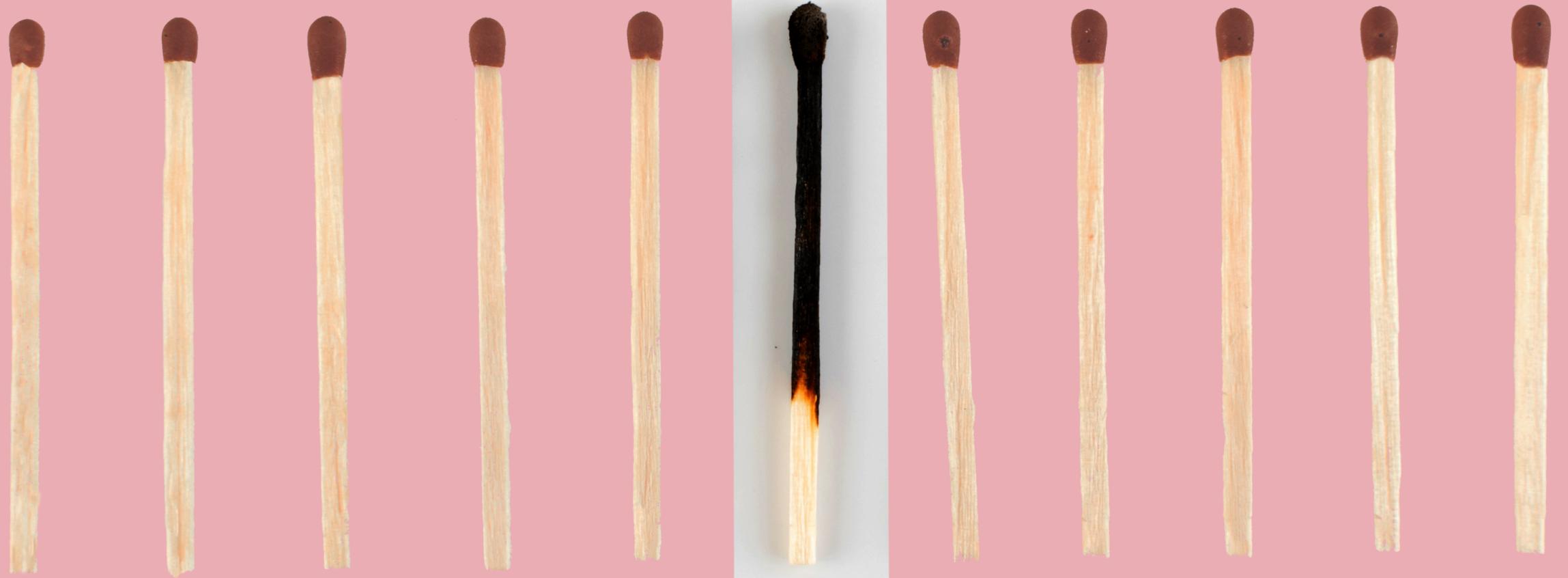
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every one of us has a yoke; life is about choosing which will mold us

being yoked is about learning the right pacing and direction of how to live life

this results in an easy yoke life





responses

- “I need to pay attention to my soul.”
- “I am weary, burdened and overwhelmed. Please pray for me.”
- “Come to me”—that’s exactly what I need.
- “Help me take off this yoke.”



You can find rest
for your soul.

Jesus