

April 19, 2026

Living on the Edge Learning to Rest, Reconnect & Refresh

(Re)Connect with Jesus

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light." Matthew 11:28-30

Think _____

There is a max _____ in every _____
of your _____

Reducing Overload

1) _____ spending

"Everything is permissible for me, but not everything is beneficial "
1 Corinthians 6:12

*Better one handful with tranquility than two handfuls with toil
and chasing after the wind.* Ecclesiastes 4:6

2) _____ to _____ "NO" !

*11 For the grace of God has appeared that offers salvation to all
people. 12 It teaches us to say "No" to ungodliness and worldly
passions, and to live self-controlled, upright and godly lives in this
present age* Titus 2:11-12

3) Learn to _____

*9 What do people really get for all their hard work? 10 I have seen
the burden God has placed on us all. 11 Yet God has made
everything beautiful for its own time. He has planted eternity in
the human heart, but even so, people cannot see the whole scope
of God's work from beginning to end.* Ecclesiastes 3:9-11

*But these things I plan won't happen right away. Slowly, steadily,
surely, the time approaches when the vision will be fulfilled. If it
seems slow, do not despair, for these things will surely come to
pass. Just be patient! They will not be overdue a single day!*
Habakkuk 2:3

_____ & _____ principle

Exodus 20 & Exodus 23:12,13

4) Learn _____

*8 Three times I pleaded with the Lord to take it away from
me. 9 But he said to me, "My grace is sufficient for you, for my
power is made perfect in weakness." Therefore, I will boast all the
more gladly about my weaknesses, so that Christ's power may rest
on me. 10 That is why, for Christ's sake, I delight in weaknesses, in
insults, in hardships, in persecutions, in difficulties. For when I am
weak, then I am strong.* 2 Corinthians 12:8-10

for I have learned to be content whatever the circumstances
Philippians 4:11

*A tranquil heart gives life to the flesh, but envy makes the
bones rot.* Proverbs 14:30

But godliness with contentment is great gain. 1 Timothy 6:6

My Response: _____

Jesus said: *The thief comes only to steal & kill & destroy. I came
that they may have life and have it abundantly.* John 10:10