

**OVERWHELM**  
**OVERWHELME**  
**OVERWHELMED**  
**OVERWHELMED**

**WINNING THE WAR  
AGAINST WORRY**

## **Baggage**

### **Matthew 11:28-30**

*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.*

1. **CHECK THE BAGGAGE** – (Matthew 11:28a)

*Come to Me, all you who are weary and burdened...*

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2. **REST IN RELATIONSHIP, NOT RELIGION** – (Matthew 11:28b)

*... and I will give you rest.*

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3. **CARRY THE YOKE** – (Matthew 11:29-30)

*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.*

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**Q: What's in your baggage?**