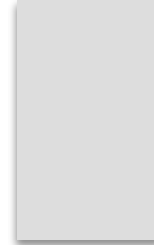


**Have you ever been this
tired?**













28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

MATTHEW 11:28-30 THE MESSAGE

²⁸ “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

Physical exhaustion

Mental Weariness

Mental Weariness

⇒ PERFORMANCE DRIVEN THINKING

Mental Weariness

⇒ **PERFORMANCE DRIVEN THINKING**

⇒ **PERFECTION BASED THINKING**

Mental Weariness

- ⇒ PERFORMANCE DRIVEN THINKING**
- ⇒ PERFECTION BASED THINKING**
- ⇒ PEOPLE PLEASING THINKING**

Mental Weariness

- ⇒ PERFORMANCE DRIVEN THINKING**
- ⇒ PERFECTION BASED THINKING**
- ⇒ PEOPLE PLEASING THINKING**
- ⇒ PROBLEM CENTERED THINKING**

Spiritual Tiredness

Spiritual Tiredness

“COME TO ME . . .”