

# CONNECTED

WEEK THREE: ME, MY SELFIE, AND I | AUGUST 25/26

**Matthew 11:28-30** | “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light.”

Life is a MARATHON, not a SPRINT.

**Mark 6:31** | Then Jesus said, “Let’s go off by ourselves to a quiet place and **rest** awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

If you continue to SAY YES, you will continue to BE STRESSED.

**Luke 4:42-43** | Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them. <sup>43</sup> But he replied, “I must preach the Good News of the Kingdom of God in other towns, too, because that is why I was sent.”