



Summer
Bible
Study

MONDAY
EVENINGS
IN JULY
AT 6:00 PM

ROCK
CREEK
WOMEN

REGISTER ONLINE
BY SCANNING THE CODE!

\$10 INCLUDES STUDY JOURNAL



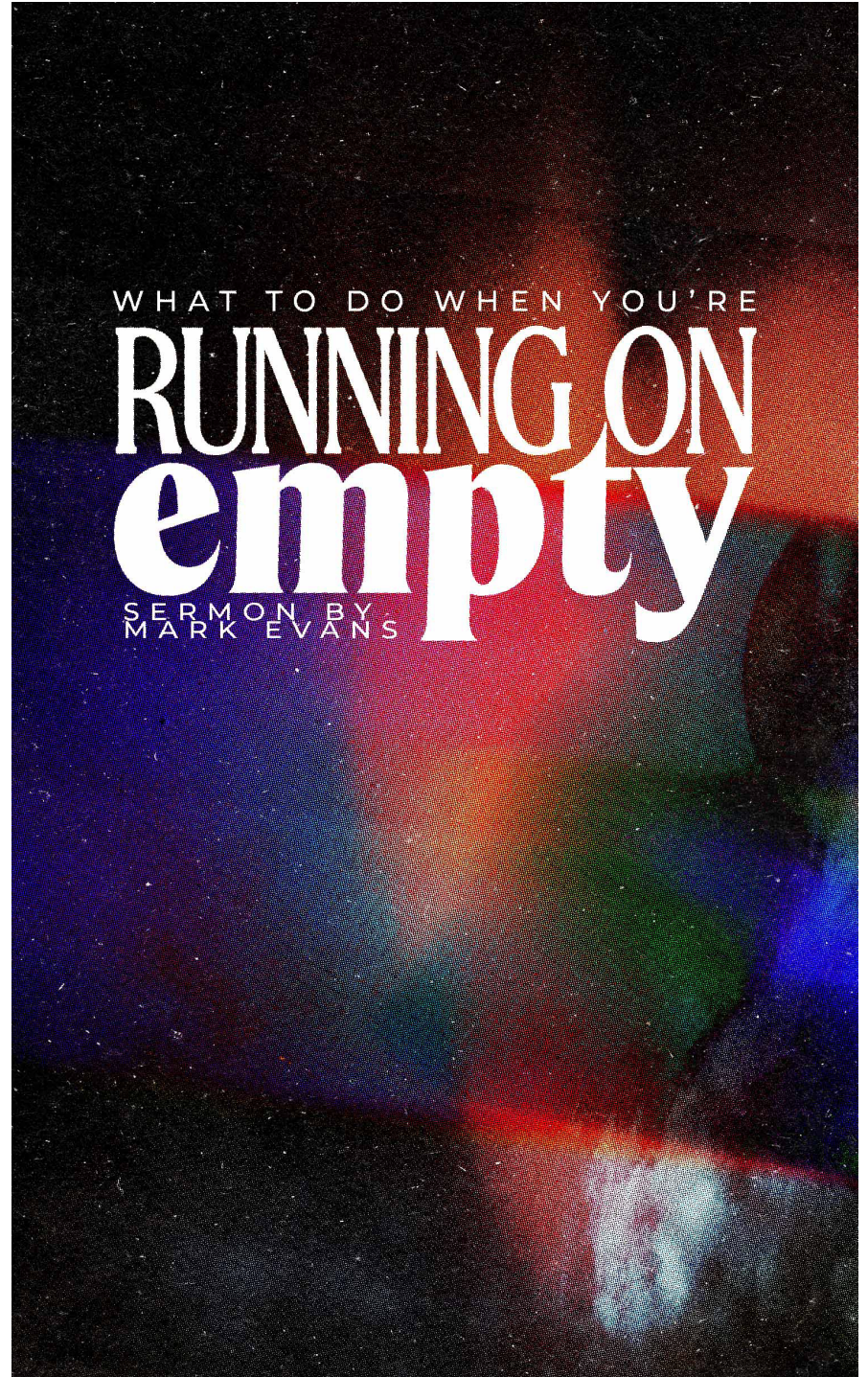
IF THIS IS YOUR
FIRST TIME
...THANKS FOR JOINING US!

WE WOULD LOVE TO MEET YOU! STOP AND MEET A PASTOR
TO THE RIGHT OF THE STAGE AFTER THE SERVICE.



SCAN
THE CODE
FOR A LIST OF
IMPORTANT
ROCK CREEK LINKS!

WHAT TO DO WHEN YOU'RE
**RUNNING ON
empty**
SERMON BY
MARK EVANS



WHAT TO DO WHEN YOU'RE

RUNNING ON empty

SERMON BY
MARK EVANS

²⁸ “Come to Me, all who are weary and heavy-laden,
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

1. GET _____ !

*“all who are weary and heavy-laden”
Matthew 11:28*

2. TURN _____ !

*“Come to me...and I will give you rest.”
Matthew 11:28*

*“²⁹ He gives strength to the weary,
And to him who lacks might He increases power.*

*³¹ Yet those who wait for the Lord
Will gain new strength.”
Isaiah 40:29, 31*

3. GIVE UP _____

*“Take my yoke upon you...”
Matthew 11:29*

► A “YOKE” IS TO HELP YOU CARRY THE LOAD

*For my yoke is easy and my burden is light.”
Matthew 11:30*

► YOKED WITH JESUS ALLOWS ME TO MOVE

IN THE SAME _____

AT THE SAME _____

*“Since we live by the Spirit, let us keep in step with the Spirit.”
Galatians 5:25*

4. LEARN TO _____

*“Learn from me, for I am gentle and humble in heart,
and you will find rest for your souls.”
Matthew 11:29*

HOW DID MY LIFE GET OVERLOADED?

► _____

► _____

*“Since the Lord is directing our steps, why try to understand
everything that happens along the way.”
Proverbs 20:24 (LB)*

*“When I am ready to give up, He knows what I should do.”
Psalm 142:3 (GN)*