

**Start Presentation**

**Luke 4:18–19**

**18 “The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;**

**19 To proclaim the acceptable year of the LORD.”**

## Matthew 11:28-30

28 Come to Me, all you who labor and are heavy laden, and I will give you rest.

29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 For My yoke is easy and My burden is light."

# Healing Broken Emotions

Come - Take - Learn

**Come To ME**

**Restrict Movement**

## **Matthew 11:28**

**28 Come to Me, all you who labor and are heavy laden, and I will give you rest.**

**28 “Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. [Passion]**

**28 “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. [Message]**

## **Hebrews 12:12-13**

**12 Therefore strengthen the hands which hang down, and the feeble knees,**

**13 and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.**

## **Luke 10:38-40**

**38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house.**

**39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word.**

**40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."**



## **Luke 10:41-42**

**41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things.**

**42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."**

---

**41 But the Lord said to her, "My dear Martha, you are worried and upset over all these details!**

**42 There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her." [NLT]**

**Psalms 23:1-3**

**23 The Lord is my shepherd;  
I shall not want.**

**2 He makes me to lie down in green pastures;  
He leads me beside the still waters.**

**3 He restores my soul;  
He leads me in the paths of righteousness  
For His name's sake.**

## **Matthew 6:22-24**

**22 "The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.**

**23 But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!**

**24 "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.**

**Take MY Yoke**

**Pain Management**

## **Matthew 11:29**

**29 Take My yoke upon you...**

**29 Walk with me and work with me—watch how I do it.  
[Message]**

## **Philippians 4:6-8**

**6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

**7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

**8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things.**

## **1 Peter 5:6–7**

**6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,**

**7 casting all your care upon Him, for He cares for you.**

---

**7 Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.**

**[Passion]**

## Hebrews 12:2-3

**2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.**

---

**2 Because Jesus never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he’s there, in the place of honor, right alongside God.**

**3 When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!**  
**[Message]**



## **Acts 16:23-26**

**23 And when they had laid many stripes on them, they threw them into prison, commanding the jailer to keep them securely.**

**24 Having received such a charge, he put them into the inner prison and fastened their feet in the stocks.**

**25 But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.**

**26 Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed.**

**Learn of ME**

**Restored Function**

## **Matthew 11:29–30**

**29 Learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.**

**29 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." [Message]**

**29 Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. [Passion]**

## **John 8:31–32**

**31 Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed.**

**32 And you shall know the truth, and the truth shall make you free.”**

---

**32 For if you embrace the truth, it will release more freedom into your lives.”**  
**[Passion]**

## **Isaiah 60:1-2**

**1 ARISE [from the depression and prostration in which circumstances have kept you — rise to a new life]! Shine (be radiant with the glory of the Lord), for your light has come, and the glory of the Lord has risen upon you!**

**2 For behold, darkness shall cover the earth, and dense darkness [all] peoples, but the Lord shall arise upon you [O Jerusalem], and His glory shall be seen on you.**

**AMPLIFIED**

## **Psalm 126:1-5**

**WHEN THE Lord brought back the captives [who returned] to Zion, we were like those who dream [it seemed so unreal].**

**2 Then were our mouths filled with laughter, and our tongues with singing. Then they said among the nations, The Lord has done great things for them.**

**3 The Lord has done great things for us! We are glad!**

**4 Turn to freedom our captivity and restore our fortunes, O Lord, as the streams in the South (the Negeb) [are restored by the torrents].**

**5 They who sow in tears shall reap in joy and singing.**

# Healing Broken Emotions

## Come - Take - Learn

- **Come To ME**
  - **Restrict Movement**
- **Take MY Yoke**
  - **Pain Management**
- **Learn of ME**
  - **Restored Function**

The End