

(Ecclesiastes 4:9-12) "Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

## The Mother Load

(Proverbs 31:20-21) "She opens her arms to the poor and extends her hands to the needy. When it snows, she has no fear for her household; for all of them are clothed in scarlet."

(Galatians 6:2) "Carry each other's burdens, and in this way you will fulfill the law of Christ."

- ✓ Sometimes we take on too \_\_\_\_\_.
- ✓ Sometimes we take on too \_\_\_\_\_.
- ✓ Sometimes we hold it too \_\_\_\_\_.
- ✓ Sometimes we try to carry it \_\_\_\_\_.

### Loading Zone

#### 1. Unhealthy \_\_\_\_\_.

(Luke 21:34) "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap."

#### 2. Unresolved \_\_\_\_\_.

(Isaiah 30:15) "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."

#### 3. Untreated \_\_\_\_\_.

(Jeremiah 6:14) "They dress the wound of my people as though it were not serious. 'Peace, peace,' they say, when there is no peace."

### Unloading Zone

#### 1. \_\_\_\_\_ that we are all imperfect.

(Romans 3:23) "For all have sinned and fall short of the glory of God."

(Ecclesiastes 7:20) "There is not a righteous man on earth who does what is right and never sins."

#### 2. \_\_\_\_\_ my right to get even.

(Romans 12:19) "Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

(Matthew 18:21-22) Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

#### 3. \_\_\_\_\_ to bad things with good.

(Luke 6:27-28) "But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."

#### 4. \_\_\_\_\_ on my relationship with God.

(Philippians 3:13-14) "... Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

(Isaiah 40:31) "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

(Ecclesiastes 4:9-12) "Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

## The Mother Load

(Proverbs 31:20-21) "She opens her arms to the poor and extends her hands to the needy. When it snows, she has no fear for her household; for all of them are clothed in scarlet."

(Galatians 6:2) "Carry each other's burdens, and in this way you will fulfill the law of Christ."

- ✓ Sometimes we take on too much.
- ✓ Sometimes we take on too many.
- ✓ Sometimes we hold it too long.
- ✓ Sometimes we try to carry it alone.

### Loading Zone

#### 1. Unhealthy environments.

(Luke 21:34) "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap."

#### 2. Unresolved yesterdays.

(Isaiah 30:15) "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."

#### 3. Untreated pain.

(Jeremiah 6:14) "They dress the wound of my people as though it were not serious. 'Peace, peace,' they say, when there is no peace."

### Unloading Zone

#### 1. Recognize that we are all imperfect.

(Romans 3:23) "For all have sinned and fall short of the glory of God."

(Ecclesiastes 7:20) "There is not a righteous man on earth who does what is right and never sins."

#### 2. Relinquish my right to get even.

(Romans 12:19) "Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

(Matthew 18:21-22) Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

#### 3. Respond to bad things with good.

(Luke 6:27-28) "But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."

#### 4. Refocus on my relationship with God.

(Philippians 3:13-14) "... Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

(Isaiah 40:31) "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."