

RESTORING YOUR SOUL PT. 7

Release Your Stress

Matthew 11:28-30

Ray Jones

August 11, 2019

3 STEPS TO RELEASE STRESS:

1. _____ TO JESUS FOR _____. (V. 28)

1. _____ UP JESUS' _____. (V. 29)

1. _____ IN JESUS' _____. (V. 29-30)