



1. The anatomy of \_\_\_\_\_

“Unconscious despair is concealed even under what are called games and amusements of mankind.”

Thoreau

2. A \_\_\_\_\_

- Surprising response - \_\_\_\_\_!
- He comes \_\_\_\_\_.

**How does it work?**

“Yet those who wait for the LORD will gain new strength.”

Isaiah 40:31 (NASB)

“wait for the LORD” =

“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. Walk with me and work with me—watch how I do it. 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.”

Matthew 11:28-30 (The Message)

**In my suffering ...**

- I pray for \_\_\_\_\_ to a God who hears and cares.
- I \_\_\_\_\_ the legitimate comfort material things can provide.
- I hear and receive God’s invitation to \_\_\_\_\_.