

Series: Overwhelmed: What do I do?
Title: **When expectations are overwhelming**
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Expectations are FUELING my pace of life... while simultaneously FRACTURING my peace in life.

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God. (Romans 12:1-2)

The World INFORMS you
God's Word TRANSFORMS you

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

The world's expectations don't align with the promised abundant life and rest for our souls.

You're going to have to say NO to expectations... so you can say YES to being a living sacrifice.

Reflection Question:

What does a "living sacrifice" look like to you? What steps can you personally take to allow God's Word to renew your mind?