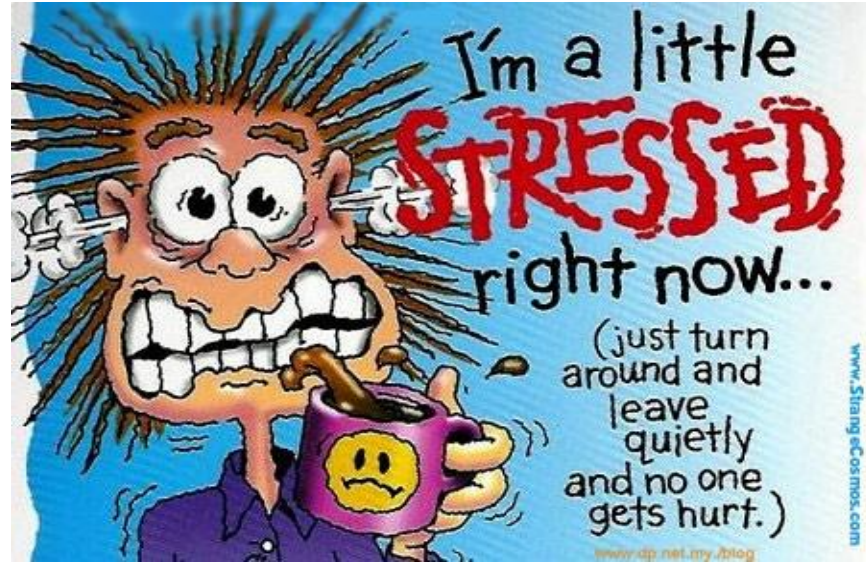


**Before Work**

**After Work**



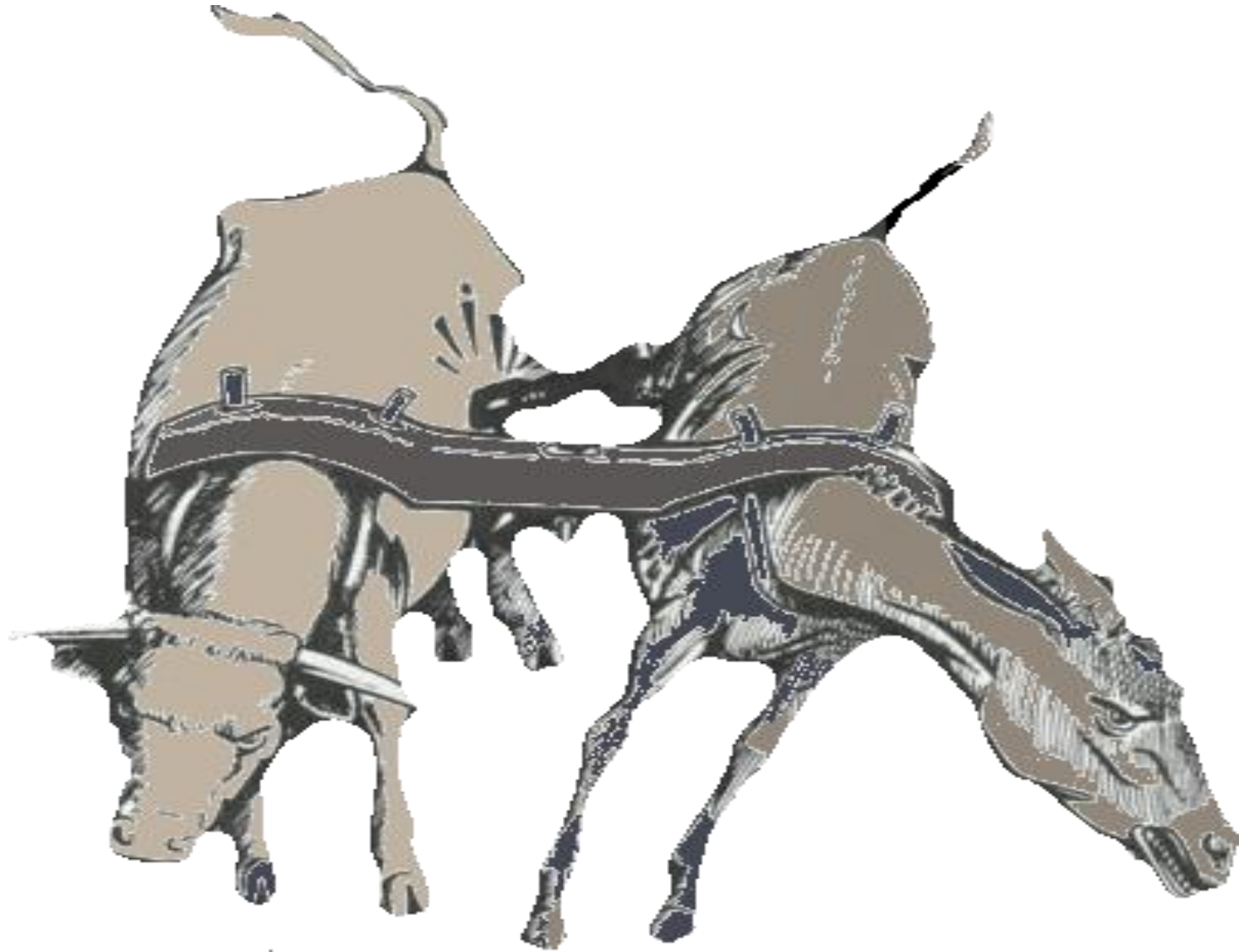
# Do You Ever Feel Overloaded?



# 1. Come to Jesus



## 2. Give Up Control



# 3. Learn To Trust

