



INTRODUCTION

*Overscheduling:*  
Dr. Susan Koven:  
*John 14:27*

I. THE WAY OF THE \_\_\_\_\_

*Psalm 23:1-2*

James Gleik, *FSTR*

*Mark 6:31*

*The Jesus Solution: "Come \_\_\_\_\_"*

Three restorative lessons:

1. Establish \_\_\_\_\_
2. Schedule \_\_\_\_\_
3. Practice \_\_\_\_\_

II. THE WAY OF THE \_\_\_\_\_

A tiger's focus:

What distracts you?

"Happiness 101"

*The Jesus Solution: "Come \_\_\_\_\_"*

*Matthew 6:32-33:*

*John 21*

III. THE WAY OF THE \_\_\_\_\_

*Isaiah 40*

Idols:

*The Jesus Solution: "Come \_\_\_\_\_"*

*Isaiah 40:28:*

*Isaiah 40:29*

*Isaiah 40:30-31*

*John 20:21-22*

*Isaiah 40:31*

Terry Fullam on eagles and soaring:

1. You have to be \_\_\_\_\_ an eagle
2. Even eagles must be \_\_\_\_\_ to soar  
Steve McQueen:

IV. THE WAY OF THE \_\_\_\_\_

*Matthew 11:28*

Haddon Robinson:

*The Jesus Solution: "Come \_\_\_\_\_"*

*Matthew 11:29-30*