

# Mental and Emotional Overload Part 1

## Psalm 27:4 (AMPC)

One thing have I asked of the Lord, that will I seek, inquire for, and [insistently] require: that I may dwell in the house of the Lord [in His presence] all the days of my life, to behold and gaze upon the beauty [the sweet attractiveness and the delightful loveliness] of the Lord and to meditate, consider, and inquire in His temple.

## Psalm 27:5 (AMPC)

For in the day of trouble He will hide me in His shelter; in the secret place of His tent will He hide me; He will set me high upon a rock.

## Psalm 27:6 (AMPC)

And now shall my head be lifted up above my enemies round about me; in His tent I will offer sacrifices and shouting of joy; I will sing, yes, I will sing praises to the Lord.

## Proverbs 14:30 (AMPC)

A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.

## John 14:27a (AMPC)

Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

## John 14:27b (AMPC)

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## Matthew 11:28 (AMPC)

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]FootnotesMatthew 11:28William Tyndale, The Tyndale Bible. Matthew 11:28John Wycliffe, The Wycliffe Bible. Matthew 11:28Joseph Thayer, A Greek-English Lexicon.

## Matthew 11:29a (AMPC)

Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. FootnotesMatthew 11:29Alexander Souter, Pocket Lexicon. Matthew 11:29Joseph Thayer, A Greek-English Lexicon.

## Matthew 11:28-29 (AMPC)

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. FootnotesMatthew 11:28William Tyndale, The Tyndale Bible. Matthew 11:28John Wycliffe, The Wycliffe Bible. Matthew 11:28Joseph Thayer, A Greek-English Lexicon. Matthew 11:29Alexander Souter, Pocket Lexicon. Matthew 11:29Joseph Thayer, A Greek-English Lexicon.

## 1 Peter 5:8 (AMPC)

Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour. Footnotes1 Peter 5:8Marvin Vincent, Word Studies.

## Proverbs 3:6 (AMPC)

In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.