

Jesus says;

*Come to Me, all you that labour and are heavy burden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am loving and humble in heart: and you shall find rest to your souls. For My yoke is easy, and My burden is light.*

*Matthew 11:28-30*

It's so good to follow Jesus - MUCH EASIER THAN TO FOLLOW PEOPLE.

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Basically I use King James Bible and Swedish 1917 translation.

Address:

**Above all, taking the shield of faith, wherewith you shall be able to quench all the fiery darts of the wicked. Ephesians 6:16**

Dear friend, many of the bad thoughts we have are coming from the devil – the one who really try to push us down. JESUS is the one we shall believe in. Jesus is really a good Master who likes to help anyone that comes to Him. He is so full of love, it's really amazing what a Saviour we have in Him.

Ignore all kind of bad thoughts you may have and believe the word of Jesus instead, He can make you clean as white snow, read **Isaiah 1:18**.

Jesus says;

**• And Jesus came and spoke to them, saying, all power is given to Me in Heaven and in Earth. Matthew 28:18**

**• But that you may know that the Son of man (Jesus) has power on earth to forgive sins, (then said He to the sick of the paralytic) Arise, take up your bed, and go to your house. Matthew 9:6**

**• But the Comforter, which is the Holy Spirit, whom the Father will send in My name, He shall teach you all things, and bring all things to your remembrance, whatsoever I have said to you. John 14:26** What a wonderful Jesus we have!

Jesus says:  
**My yoke is  
easy, and My  
burden is light**

By Allan Norgren

**They looked to Him, and were lightened: and their faces were not ashamed. This poor man cried, and the LORD heard him, and saved him out of all his troubles. The angel of the LORD encamps round them that fear Him, and delivers them. O, taste and see that the LORD is good: blessed is the man that trusts in Him. Psalm 34:5-8**

If you feel lonely, you who are burdened by sins or troubles, Jesus is the “invisible man” that really loves you and have the power to help you.

You may also have big bills, trouble in marriage and trouble with your thoughts. You who feel that you can't trust in people, Jesus is the one you really can trust.

You who have sexual sins in any way, Jesus can help you and give you normal holy love to people.

Jesus is really the “wonder man” that can help us in all ways.

**And Jesus came and spoke to them, saying, all power is given to Me (Jesus) in heaven and in earth. Go you therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit: Teaching them to observe all things whatsoever I have commanded you: and, see, I am with you always, even to the end of the world. Amen. Matthew 28:18-20** (please, believe in Jesus)

## **Jesus says come to Me and I will give you rest;**

**Casting all your care upon Him (Jesus); for He cares for you. 1 Peter 5:7**

**All that the Father gives Me (Jesus) shall come to Me; and him that comes to me I will in no wise cast out. John 6:37**

**And Jesus said to them, I am the bread of life: he that comes to Me shall never hunger; and he that believes on Me shall never thirst. John 6:35**

**But he that does truth comes to the light, that his deeds may be made manifest, that they are done in God. John 3:21**

**The thief (the devil) comes to steal, and to kill, and to destroy: I (Jesus) come that they might have life and that they might have it more abundantly (overflowing). John 10:10**

**Jesus said to him, I am the WAY, the TRUTH, and the LIFE: no man comes to the Father, but by Me (Jesus). John 14:6**

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## **To you who feel really depressed**

One thing is to pray to Jesus yourself and He will hear you. Sometimes most of us need help from other people. "Jesus did not carry the cross alone" is an old phrase in Swedish Christianity and that's so true. But we need to be careful, we can't trust everyone, so get help from someone you trust.

Let us love each other with a helping hand, as Jesus says:

**A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this shall all men know that you are my disciples, if you have love one to another. John 13:34-35**

In churches and Christian fellowships we shall take care of each other, we need to have time for each other. A really crazy thing is that both parents have to work, then they don't get time for their own children – REALLY BAD. People are preparing for next world war because of no housewives, I think. People no longer have any time to give love - but extra money to buy many crazy toys to their children.

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**For my yoke is easy, and my burden is light, Jesus says to YOU.**

What a wonderful truth, I became so happy when I turned to Jesus, I didn't have to be tough before people any more, I didn't have to go to discos or other bad places. I am accepted by Jesus and God the Father. Absolutely Fantastic! Of course, I have to live holy, with the help of Jesus. I don't need to "show-off" before people, not play with life any more, that so many people get sick of, but sometimes they don't see it before it's too late. Really bad to see the famous people's bad life, just because they follow other people. The yoke of Jesus is so easy comparing to the yoke of people;

- I don't need to get drunk and get a lot of trouble.
- I don't need to be with the gang and be tough.
- I don't need to compete, JESUS always helps me.
- I can have my own good hobbies, I don't need to ask the neighbours or my friends what to do.
- I can take a prayer walk instead of going to the harlot house, the praying walk make you feel better afterwards, especially compared to go to the harlot house - think of that!
- I can enjoy simple things, I don't need to have expensive enjoyments.

**I (Jesus) come that they might have life, and that they might have it more abundantly (overflowing). John 10:10**

**JESUS REALLY GIVES A MEANINGFUL LIFE!**

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I grew up without my earthly father, but God in Heaven became my Father when I was 18 years old. I have been a Christian for 32 years and Jesus has always been by my side to help me. He will help you too, for sure, if you turn to Him.

**A father of the fatherless, and a judge of the widows, is God in his holy dwelling. Ps 68:5**

**Remove not the old landmark; and enter not into the fields of the fatherless: Proverbs 23:10**

**Pure religion and undefiled before God and the Father is this, to visit the fatherless and widows in their affliction, and to keep himself from being polluted by the world. James 1:27**

**Therefore the Lord shall have no joy in their young men; neither shall have mercy on their fatherless and widows: for everyone is a hypocrite and an evildoer, and every mouth speaks folly. For all this His anger is not turned away, but His hand is stretched out still. Isaiah 9:17**

Even if someone has had a bad background, it's not allowed to do whatever you want. If we don't repent, God will get angry in the end. He is not a friend to people who, in the long run, don't do their best to turn around. We can't play with God - no chance. But He got a lot of mercy if we earnestly come to Him. Read the book of Jonah.

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