



Pastor Titus A. White, Sr.

Wednesday, June 24, 2026

## WOW – Word on Wednesday

### *Summer School Series*

### *“Unpacking Summer Baggage”*

<i>Week 1: The Baggage of Busyness</i>	<i>Matthew 11:28-30</i>
<i>Week 2: The Baggage of Bitterness</i>	<i>Ephesians 4:31-32</i>
<i>Week 3: The Baggage of Regret</i>	<i>Philippians 3:13-14</i>
<i>Week 4: The Baggage of Anxiety</i>	<i>Philippians 4:6-7</i>

**Intro:** In his book, “Case of the Soul” Thomas Moore wrote: “The greatest malady of our time, implicated in all of our troubles and affecting us individually and socially is loss of soul. When the soul is neglected, it doesn’t just go away, it appears symptomatically in obsessions, addictions, violence, and loss of meaning”. The world has neglected it’s soul for smartphones and social media, and everything else that has come along in the last thirty years in the name of progress. “People will do anything, no matter how absurd, to avoid facing their own souls.”

### **I. The Rest of Surrender (vs 28)**

#### a. We see the Call

1. We’ve been invited to come to Jesus.
2. In Him alone can one find salvation for the soul.
3. Everyone is invited, but not everyone surrenders.

Proverbs 23:26  
James 4:7

#### b. We see the Candidates

1. The candidates are inclusive rather than exclusive.
2. The people that Jesus is calling unto Himself is “all”- means ALL = the workaholic, alcoholic, money-holic, travel-holic.

2 Peter 3:9

### **II. The Rest of Satisfaction (vs 29-30)**

#### a. Satisfaction is found in Service

1. Jesus moves from the picture of rest in verse 28 to the idea of work in verse 29 (my yoke).
2. Serving the Lord gives you satisfaction of rest!
3. We find satisfaction when we realize that He alone can fulfill our deepest soul yearnings.
4. Worldly achievements, possessions, or relationships will never take the place of God’s anchoring joy, security, and significance.
5. Shift our daily perspective: practicing, participating, and belonging to God rather than relying on external wins.

Colossians 3:23

Ecclesiastes 5:12

Philippians 2:13

Proverbs 16:3

### **III. The Rest for the Soul**

#### a. Immerse ourselves in the Word.

1. Actively read and mediate on God’s Word to align our heart’s desires with His promises.
2. Desiring God emphasizes that the soul’s deepest desires are met by continually seeking and knowing God more deeply.