

**Series: Growing Young**  
**WWJF – What Would Jesus Feel?**  
**Matthew 11:25–30**

**Q: How do we learn from Jesus the habits that made Him emotionally healthy?**



**Q: Will we be emotionally shaped by our culture, our family, our experiences, or will we become emotionally healthy by being yoked to Jesus?**

**The habits that produce emotional health  
must be modeled to the next generation  
we seek to disciple**

**NC4 Mission:  
To Know Jesus and Make Him Known.**

**The power to fulfill our Mission only  
comes by being yoked with Jesus.**