

**JOURNEYING WITH JESUS:**

**TAKING BREAKS**

**Mark 6.30-32**

The world can be a crazy place. In the span of just one week we've seen the entire world and our own community transformed into a fear-induced frenzy. What does God's word have to say to us in these times? Jesus and his disciples experienced circumstances when the surrounding crowds overwhelmed them. This week we'll explore how Jesus responded to those situations and what we might learn from him in our own Journey with Jesus.

*"...because so many people were coming and going that they did not even have a chance to eat..."* Mark 6.31

**THE FORMULA FOR TAKING BREAKS**

*"Come with me by yourselves to a quiet place and get some rest."* Mark 6.32

1. **SPEND TIME WITH JESUS** .

***"Come with me"***

*"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers..."*  
John 15.5-6

2. Leave behind **THE DISTRACTIONS** of normal life. ***"by yourselves"***

3. Make sure you can **HEAR HIM** .

***"to a quiet place"***

*"Be still, and know that I am God;"*

Psalm 46.10

**WHY TAKING BREAKS IS GOOD FOR US**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

Matthew 11.28-29

1. To **REFRESH** your **BODY** and **CALM** your **SOUL**.

2. To receive **BLESSING** and **ENCOURAGEMENT**.

3. To **GET DIRECTION** for the day.

*Show me the right path, O Lord; point out the road for me to follow.*  
Psalm 25.4 NLT



What is God saying to me?

What am I going to do about it?

**Love God, Love Others, Learn Jesus, DO SOMETHING!**

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