

Finding Rest & Balance

*This week stop to breathe, rest and listen. There is a message in the silence.
God wants to speak to you. Do you know His voice?
Review last week's lesson for week 1.

STOP, BREATHE AND LISTEN

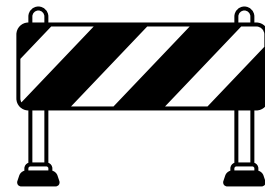
“But Jesus often withdrew to lonely places and prayed.” Luke 5: 16

Start with creating more space for God. But How?

SET NEW HEALTHY BOUNDARIES

READ: Matthew 14:22-23 NKJV

<https://bible.com/bible/114/mat.14.22-23.NKJV>



And “Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away. And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.”

Jesus was intentional about balance:

- Alone time: Jesus made his disciples get in the boat while He sent the crowds away!
 - He went up on the mountain top by Himself to pray alone.
- Get in your boat! Your transportation or vehicle to miracles and down time with Jesus.

Saying “No.” Stay focused on the assignment & purpose.

- READ Luke 4:42-44 NKJV <https://bible.com/bible/114/luk.4.43-44.NKJV>
- Protecting your spiritual life and not pouring from an empty cup.
- Jesus didn't let people distract Him from His mission.

Listen: Your thoughts vs. The Voice of God

- John 10:27-28 NKJV <https://bible.com/bible/114/jhn.10.27-28.NKJV>
- “My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.”

Take a moment to reflect. How can you apply these principles?

Be sure to join the group Bible plan Wrestle!

