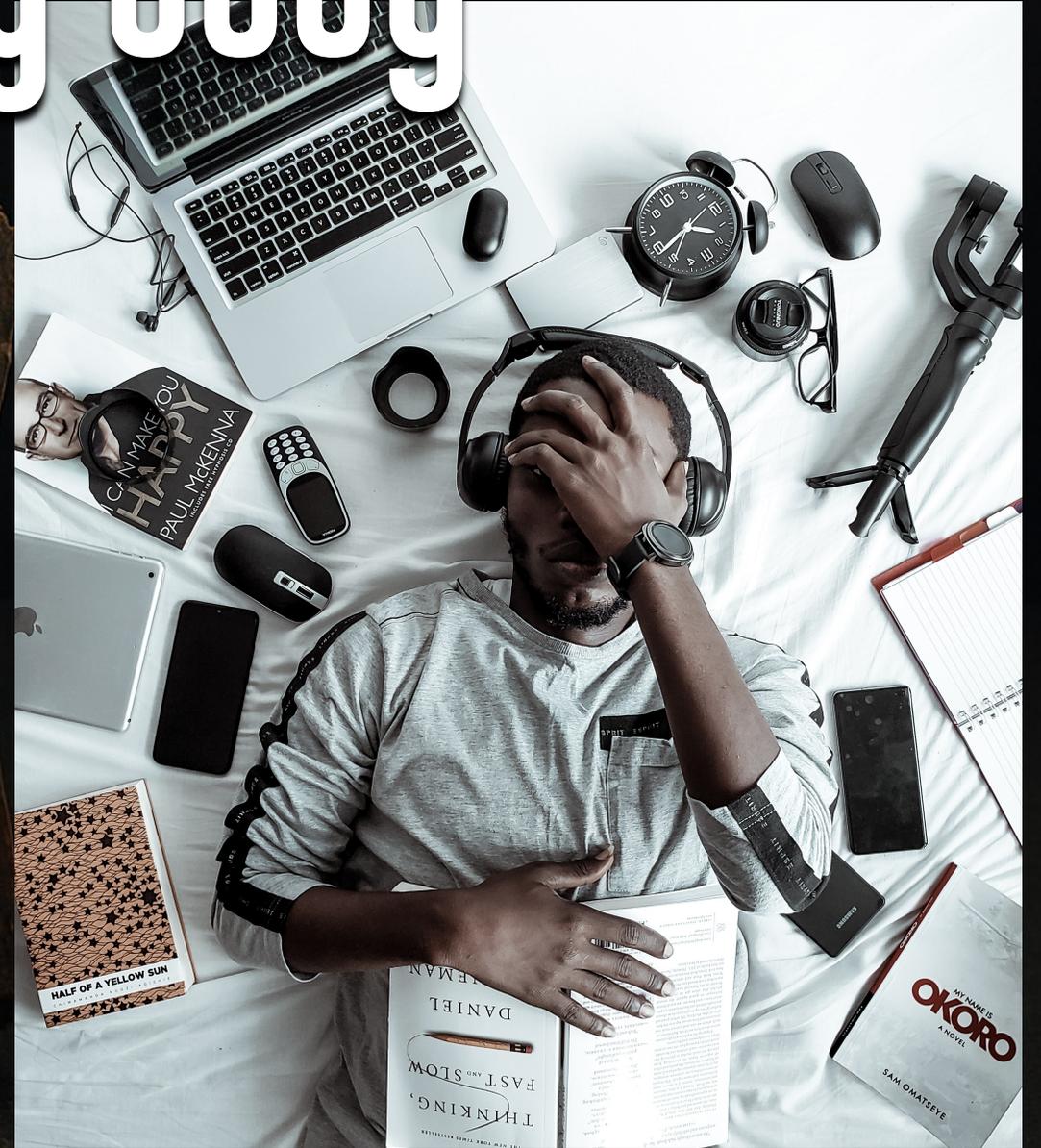


# The Rhythm of Rest



# dreadfully busy



# created with rhythm

## BY THE SEVENTH DAY

God had finished the work he had been doing; *so on the seventh day he rested from all his work.* Then God blessed the seventh day and made it holy, because on it he *rested from all the work* of creating that he had done.

📖 GENESIS 2:2-3

**Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.**

*Abraham*  
Eugene H. Peterson

# when life gets busy

*Mark 1:35*

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

BUT THE NEWS ABOUT HIM SPREAD EVEN MORE, AND LARGE CROWDS WOULD COME TOGETHER TO HEAR HIM AND TO BE HEALED OF THEIR SICKNESSES.

YET HE OFTEN WITHDREW TO DESERTED PLACES AND PRAYED.

LUKE 5:15-16

# when life gets hard

WHEN JESUS HEARD WHAT HAD HAPPENED, HE

*withdrew*

BY BOAT PRIVATELY TO A SOLITARY PLACE.  
MATTHEW 14:13A NIV

As a result [of the threat from the Jewish leaders], Jesus stopped His public ministry among the people and left Jerusalem. He went to a place near the wilderness, to the village of Ephraim, and stayed there with His disciples.

-JOHN 8:54-

