

Freely & Lightly



SHOW NOTES / REFERENCES

“This is the only reason why we are not fully at ease in heart and soul; that we look to find our true rest in these things [in other things, things] that are so little that they contain no rest.” - Julian of Norwich, “Breathe” Training by Larry Warner

Matthew 11:28-29 (NIV)

Genesis 1:1-2:3 (NIV)

Genesis 2:2 (NIV)

Gideon’s army: Judges 7:1-8 (NIV)

David & Goliath: 1 Samuel 17:20-50 (NIV)

Elijah: 2 Kings 1 (NIV)

1 Samuel 17:45 (NIV)

“Don’t look back. Something might be gaining on you.” - Satchel Paige

Pinocchio

Isaiah 30:15 (NIV)

For Reflection:

What is it that’s keeping you from resting?