

# Focus Series: Pause

Pastor Bryan Keith Dugger - 1/15/2017



## I. Life In The Fast Lane

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## II. The Return Of The Twelve

Mark 6:30-33

v. 30

Worthwhile Work

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v. 31

In Need Of Rest

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v. 32

Getting Away

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v. 33

Rest Delayed

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## III. Down Time

### *Personal Reflection*

*Set aside fifteen minutes this week to pray & respond to the following:*

*You are living in a world that is more complex & hectic than your ancestors could have ever imagined. It is increasingly dominated by technology & demanding of your attention. For many, the pace & pressure leave little room for rest & spiritual renewal.*

*You are not a machine. God has designed you to alternate between regular intervals of activity & rest. Unlike many technological devices, you were not created with a 'pause' button. As a result, pause will only occur in your life when you prioritize rest & renewal.*

*Pause is essential because it enables you to refocus on God—to hear His voice amid the clamor & confusion of this busy world. Without it, you will experience burnout & miss blessings that are bestowed when your heart & mind are realigned to His will.*

*Are you taking the time to pause? Perhaps it is time to consider how & what you are living for & where your life is headed. Is your focus on the ever-changing desires of your own heart or on knowing & fulfilling the will of God for your life?*

*Take a moment to prayerfully turn your attention toward the Lord. Allow the peace of His presence to wash over you & calm your spirit. Ask him to speak in the midst of this time of pause & focus. Commit to regularly seek Him in times of pause & serve Him during times of activity.*