

**Breathe**

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“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>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. <sup>30</sup>For my yoke is easy and my burden is light.”  
Matthew 11:28-30

**Hurry is the great enemy of your spiritual life and the health of your soul.**

**Essential life rhythms...****▪ Seek solitude**

Then Jesus was led by the Spirit into the wilderness... Matthew 4:1

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. Mark 1:35

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

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” <sup>32</sup> So they went away by themselves in a boat to a solitary place. Mark 6:31-32

**▪ Find rest in God**

Truly my soul finds rest in God; my salvation comes from him. Psalm 62:1

**How would Jesus live if He were me?**

**Skipping on our time with God leads to a life that becomes more and more shallow and less and less clear.**

**Let's Connect**

How do you relax? What do you do for fun?

**Let's Talk About It**

Take the day off? Rest? Spend time alone? Do nothing? How do you stop in a culture where stress levels are high and you're expected to always be moving? For some of us, we wouldn't know what to do with even five minutes of quiet inactivity. While God created us to work, He also has given us a command to build into our life rhythm intentional time to refresh our souls. Intentional rest and solitude refresh us to continue God's great work, and it also glorifies God.

Matthew 11:28-29; Mark 1:32-39; Matthew 4:1-2; Luke 5:16; Mark 6:31-32; Psalm 62:1; Psalm 46:10; Psalm 27:4, 13-14; Psalm 63:1-3; Psalm 131:1-3

- Which part of the message made an impact, caught your attention or challenged you?
- What are some of the reasons people give for being busy all the time? Can you identify with any of these? What are the dangers of always having activity?
- Read Matthew 11:28-29, Mark 6:31, Psalm 62:1. One reason people fill their lives and schedules with work and activity is they don't trust God will provide what they need. Do you trust God to take care of you, or are you taking matters into your own hands?
- What adjustments to your work/rest relationship do you need to make to be spiritually healthy? What will be required of you for you to set aside time every day to be with God, not produce, and to receive God's love and rest? What challenges stand in your way of doing this?
- Read Psalm 46:10, Psalm 27:1-4, 13-14, and Psalm 63:1-3. What would a calm and quiet soul look like for you? What step can you take this week to be more intentional about solitude and finding rest in God?

**Take a Step**

- Make time daily to be quiet and be with God. Spend some time thanking God, enjoying Him and receiving love and rest in Him.

**Here's My Prayer**

- Lord, give me wisdom to establish breathing room in my life and create room for rest and enjoyment. Build my trust in You as I rest and spend time with You.