

Habits of a Healthy Heart— When Your Mind Won't Stop

What do people get for all the toil and anxious striving with which they labor under the sun? ²³All their days their work is grief and pain; even at night their minds do not rest. ...

Ecclesiastes 2:22-23 NIV

There is no such thing as intimacy without intentionality.

You can't busy your way to God.

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. ³⁶Simon and his companions went to look for him, ³⁷and when they found him, they exclaimed: "Everyone is looking for you!"

Mark 1:35-37 NIV

Jesus Withdrew

- **Before starting His ministry.** Luke 4:1-2, 14-15
- **Before making important decisions.** Luke 6:12-13
- **After a long, hard day of work.** Matthew 14:23
- **After ministering to lots of people.** Luke 5:15-16
- **After losing a close friend.** Matthew 14:10-13

You can't continue to pour out if you don't fill up.

... "Be still, and know that I am God ..." Psalm 46:10 NIV

... And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased." Luke 3:22 NIV

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness ... Luke 4:1 NIV

“Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.” Matthew 6:6 MSG

- **Seek God in His Word.**
- **Listen for what God says.**
- **Journal what God shows you.**
- **Reflect on His faithfulness.**
- **Worship Him for who He is and what He’s done.**
- **Stay in His presence for as long as you can.**

TALK IT OVER

Read **Matthew 6:6 MSG**. What are some reasons why Jesus might have given us these specific directions?

Share about a time when you intentionally slowed down to spend time with God. What did that experience teach you about the importance of slowing your mind?

Talk about what your average day looks like. How are you currently slowing down to connect with God, and what’s one step you can take to create more space for Him in your day-to-day routine?