

# LENT

## PRACTICE THE PAUSE

### Key Scriptures

Matthew 4.1-11

### Key Points

1. Practice the Pause- Lent is a time to reflect more on God than on your circumstances.

#### *Takeaway*

*God created you to push pause, reflect, and remember how good and faithful He is. Practice the pause.*

### Grow DEEPER

Read Psalm 46.

### Live DEEPER

*God is our refuge and strength, an ever-present help in trouble.*

*Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.*

*There is a river whose streams make glad the city of God, the holy place where the Most High dwells.*

*God is within her, she will not fall; God will help her at break of day.*

*Nations are in uproar, kingdoms fall; He lifts His voice, the earth melts.*

*The Lord Almighty is with us; the God of Jacob is our fortress.*

*Come and see what the Lord has done, the desolations He has brought on the earth.*

*He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; He burns the shields with fire.*

*He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

*The Lord Almighty is with us; the God of Jacob is our fortress.*

### Look DEEPER

Practice pausing. Practice reflection. Practice being in God's presence. It is the ONE thing that changes us.

### Love DEEPER

Take a moment // ten minutes // ten seconds to rest. To pause. To be still and know that God is present in your life. He is present in your situation, in your circumstance, and He is greater than your greatest need.