

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 Matthew 11.25-30.

Live DEEPER

At that time Jesus said, "I praise You, Father, Lord of heaven and earth, because You have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what You were pleased to do.

All things have been committed to Me by My Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal Him.

Come to Me, all you who are weary and burdened, and I will give you rest. 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.

For My yoke is easy and My burden is light."

Look DEEPER

Are you weary + burdened?

Are you weighed down by things going on in your life?

Are you carrying a weight you were never meant to shoulder?

A weight you might not even realize you're carrying?

A weight that might be holding you back?

Do you need rest?

Not just a good night's sleep, but an unexplainable rest where your soul feels refreshed.

Jesus invites the tired, burdened, oppressed, hopeless, broken, burdened, and weary to come and find rest in Him.

Practice pausing. Practice reflection. Practice being in God's presence. Practice unloading the weight. And believe that Jesus is strong enough to shoulder what you were never meant to carry.

Love DEEPER

Take a moment // ten seconds // ten minutes to rest. To pause. To be un-shoulder the weight you have been carrying, and allow Jesus to free you from the heavy yoke of production, of work, of trying to prove your worth to the world, and just breathe in His presence, as you practice the pause.