

SC Church
1.21.2024

Patterns Getting Away

- A. Intro: When is the last time you have gotten away?
- B. Big Idea: Intentionally get away with Jesus each day.
- C. Scripture: Matthew 11:28-29 NLT – ²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.”
- D. Why should we get away with Jesus in silence and solitude?
 - a. Life is hard and you need Rest
 - i. Matthew 11:28 NLT – ²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.
 - b. Jesus will Teach you and Lighten your Load
 - i. Matthew 11:29 NLT – ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.”
 - c. Jesus set the Example of Getting Away
 - i. Matthew 4:1-2 NLT – Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ² For forty days and forty nights he fasted and became very hungry.
 - ii. Mark 1:35 NLT – ³⁵ Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.
 - iii. Mark 6:45-46 NLT – ⁴⁵ Immediately after this, Jesus insisted that his disciples get back into the boat and head across the lake to Bethsaida, while he sent the people home. ⁴⁶ After telling everyone good-bye, he went up into the hills by himself to pray.
 - iv. Luke 5:15-16 NLT – ¹⁵ But despite Jesus’ instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. ¹⁶ But Jesus often withdrew to the wilderness for prayer.
- E. Getting practical
 - a. Put your phone away for 30 minutes each day
 - b. Utilize the “Do not Disturb” function
 - c. Delete apps that are distracting you from being fully present

d. Turn off notifications

F. Close: Are you willing to be intentional with your relationship with Jesus?

a. Next Steps

- i. Memorize: Matthew 11:28 NLT - ²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.
- ii. Think About: In my day, what is the best opportunity to get away with Jesus?
- iii. Action: Put away all distractions so that you can be with Jesus and receive the strength you need for your day.