



## TODAY'S MESSAGE:

### Get Your Life Back

Bob Schwahn | Lead Pastor | January 01, 2023

*"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."*

**Matthew 11:28-30 (NIV)**

- 1) Turn your phone off/silence at 8:00 PM.
- 2) Don't check your phone when you wake up.
- 3) Turn off phone notifications...
- 4) Spend as much time reading and reflecting on the Scripture as you do on SOCIAL MEDIA or WATCHING NEWS.

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."* **Romans 12:2 (NIV)**

*"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."* **Hebrews 4:12 (NIV)**

**Reading Plan - Starting today Jan. 1**  
Gospels (MMLJ) - 90 days

**Pray and ask God to speak to me**

**Pen and Journal - expectant**

**Read until something grabs my attention - write it down**



**BASE CAMP  
KIDS MINISTRY:**

Visit [journeyweb.net/children](http://journeyweb.net/children)

**STUDENT  
MINISTRIES:**

Visit [journeyweb.net/students](http://journeyweb.net/students)

**GIVE ONLINE:**

Visit [journeyweb.net/give](http://journeyweb.net/give)  
or text "give" to 86225



**ASK these Two questions:**

God what are you saying to me?

God what do you want me to do?

**Text a picture of your journal to a friend.**

*"Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do."*

**James 1:22-25 (NIV)**

**Application: Sign up for the reading plan starting Jan 1.**

How to sign up: <https://www.journeyweb.net/connect/bible-reading-plan/>

Accept the invitation to the Reading Plan

**Send your stories of how God shows up in your life to:** [Bob@journeyweb.net](mailto:Bob@journeyweb.net)

