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TODAY'S MESSAGE:

Pause

Brian Van Eps | Guest Speaker | September 3, 2023

Mark 6:30-32 (NIV)

³⁰ The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

³² So they went away by themselves in a boat to a solitary place.

How busy are you right now?

The Antidote: Pause

Four Aspects of Pause:

1. Go Away
2. Find a Quiet Place
3. Get Some Rest

4th aspect: Spend time **WITH** Jesus

v. 31 "Come **WITH** me by yourselves to a quiet place and get some rest."

Join us next week, September 10, as we begin our new sermon series "WITH"

<https://www.youtube.com/@JourneyChurchBozeman>

Reflection Questions:

- 1) Why do you think we hold such a high regard for busyness in our culture?
- 2) How busy are you right now?
- 3) How busy do other people think that you are?
- 4) How busy do other people think that you are?
- 5) What your best excuse for not taking a Pause?
- 6) Which of the 4 aspects of the Pause is the most difficult for you?
- 7) Which aspect is the easiest for you?
- 8) What does it mean for you to spend time WITH Jesus?

The Pause Challenge: Take a Pause sometime this week! Make it Happen!



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