

Most of our problems are either caused or made worse because we are moving too fast, for too long.

Sex - it is difficult to be intimate with your spouse when we are too busy to talk.

Money - most of our mistakes can be traced to a failure to slow down and think.

Friendships - it is hard to be friends with people living at warp speed - unhurried conversations??

- If we know that chaos will hurt us, why do we keep this break neck pace? Two reasons:
 - If we are busy, we feel important.
 - If we slow down, we'll have to be honest with what is really happening in our lives.

"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)

Look at how Jesus is pleading with us to know him as the source for rest.

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed."

Luke 5:15-16 (NIV)

1. He _____ withdrew

Sabbaths are for rest

By choosing Sabbath, we are protesting and rebelling against our innate desire to trust and worship our self-sufficiency.

Vacations are for recreation

- Work Martyr Complex - busyness has become a badge of honor
- 40% of Americans do not use all their vacation days - 300 million vacation days per year

2. To _____ places

Jesus knew he had to unplug, to disconnect and change locations (NO CELL SIGNAL)

3. To _____

"One day as he was teaching, Pharisees and teachers of the law, who had come from every village of Galilee and from Judea and Jerusalem, were sitting there. And the power of the Lord was present for him to heal the sick." **Luke 5:17 (NIV)**

When God is present in our rest, he becomes more present in our work!