

**RE:
Refresh**

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**

We Are:

I. **Too** _____.
In peace I will lie down and sleep, for you alone, O Lord, will keep me safe. **Psalm 4:8**

II. **Too** _____.
You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. **1 Corinthians 6:12**

III. **Too** _____.
⁵Now Jesus loved Martha and her sister and Lazarus. ⁶So, when he heard that Lazarus was ill, he stayed two days longer in the place where he was. **John 11:5-6 ESV**

Refreshment:

I. _____.
But Jesus often withdrew to the wilderness for prayer. **Luke 5:16**

II. _____.
²On the seventh day God had finished his work of creation, so he rested from all his work. ³And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. **Genesis 2:2-3**

III. _____.
²⁸Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰For my yoke is easy to bear, and the burden I give you is light." **Matthew 11:28-30**

Notes:

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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**

We Are:

I. Too Tired.

In peace I will lie down and sleep, for you alone, O Lord, will keep me safe. **Psalms 4:8**

II. Too Stimulated.

You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. **1 Corinthians 6:12**

III. Too Rushed.

⁵Now Jesus loved Martha and her sister and Lazarus. ⁶So, when he heard that Lazarus was ill, he stayed two days longer in the place where he was. **John 11:5-6 ESV**

Refreshment:

I. Pray.

But Jesus often withdrew to the wilderness for prayer. **Luke 5:16**

II. Pause.

²On the seventh day God had finished his work of creation, so he rested from all his work. ³And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. **Genesis 2:2-3**

III. Pace.

²⁸Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰For my yoke is easy to bear, and the burden I give you is light." **Matthew 11:28-30**

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