

Addicted to Busy The Jesus Rhythm

Brady Boyd

Most of our problems are either caused or made worse because we are moving too fast, for too long. An unhealthy pace is one of the greatest threats to a healthy life.

- If I'm busy, I'm important.
- If I slow down, I'll have to be honest with what is really happening in my life.

Matthew 11:28-30 NIV

"Come to me, all you who are weary and burdened, and I will give you rest. 29 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. 30 For my yoke is easy and my burden is light."

Jesus is the band leader, introducing us to this new rhythm of living!

Luke 5:15-16 NIV

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. 16 But Jesus often withdrew to lonely places and prayed."

1. He often withdrew

Sabbaths are for rest
Vacations are for recreation
Retreats are for reflection

- 2 To lonely places

3. To pray

Luke 5:17 NIV

"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."

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