



IT'S TIME TO SLOW DOWN

Pastor Carlos Marquez - December 31, 2023

Matthew 11:28-30

"Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest. Accept my teaching. Learn from me. I am gentle and humble in spirit. And you will be able to get some rest. Yes, the teaching that I ask you to accept is easy. The load I give you to carry is light."

Why are we always in a hurry?

Luke 8:45-48

Jesus asked, "Who touched me?" After everyone denied touching him, Peter said, "Teacher, the people are crowding you and pressing against you." Jesus said, "Someone touched me. I know power has gone out of me." The woman saw that she couldn't hide. Trembling, she quickly bowed in front of him. There, in front of all the people, she told why she touched him and how she was cured at once. Jesus told her, "Daughter, your faith has made you well. Go in peace!"

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In order for us to receive real rest, we must learn not to just walk WITH Jesus but LIKE Jesus.

3 WAYS TO LIVE LIKE JESUS

1. Silence & Solitude

Mark 6:45-47

Jesus insisted that his disciples get back into the boat and head across the lake to Bethsaida, while he sent the people home. After telling everyone good-bye, he went up into the hills by himself to pray. Late that night, the disciples were in their boat in the middle of the lake, and Jesus was alone on land.

In order to live like Jesus, we must be willing to recharge in solitude and silence.

2. Sabbath Rest

Sabbath means "to stop producing."



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Psalm 62:1-2

Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

yesha: signifies freedom from what binds or restricts.

soteria: to provide recovery, to rescue, to help one's welfare.

3. Simplify your life

Ecclesiastes 4:6

"Better to have one handful with quietness than two handfuls with hard work and chasing the wind."

"Determining what is truly important and eliminating the things that are not important."

1. Know God - Everyone deserves a fresh start & that all begins with a relationship with Jesus.

2. Find Hope - God created us to live in relationship with others & only then can we live the full life He intends for us.

3. Discover Your Purpose - God has an incredible purpose for your life, and we want to help you connect with that purpose.

4. Make A Difference - You are made for more, and true fulfillment comes when you are living a life of significance.

Will you truly follow Jesus?

CHALLENGE:

What is one practice that you want to start doing in 2024?