



Sermon Outline
January 24, 2021
Pastor Bryan Myers

Refresh Your Soul

Mark 2:23-27

* Healthy rhythms require intentionality.

Rhythm #1 – Humble your soul

James 4:10 - Humble yourselves before the Lord, and he will lift you up.

Rhythm #2 – Direct your soul

Proverbs 3:5-6 - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Rhythm #3 - _____ your soul

Acts 3:19 - Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord...

Two God-given Soul Refreshing Practices:

1. The _____ – Time to rest and rely on God.

Genesis 2:2 - By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work.

Mark 2:27 - Then he said to them, "The Sabbath was made for man, not man for the Sabbath."

* **We were created to be** _____.

Genesis 2:15 - The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

* **It's been proven that you are more productive when you allow yourself some** _____ **time.**

* **The principle of the Sabbath had to begin as a** _____.

* **The heart of Sabbath rest is to cease from our work so we can rest** _____ **God.**

2. _____ and Silence

Psalm 46:10a - He says, "Be still, and know that I am God..."

"All men's miseries derive from not being able to sit in a quiet room alone." – **Blaise Pascal**

Mark 1:35 - Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed.

Mark 6:31-32 - 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." So they went away by themselves in a boat to a **solitary place**.

Luke 5:15-16 - 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.

"We are so afraid of silence that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror." – **Dietrich Bonhoeffer**

* **By implementing the first three rhythms you will be well on your way to establishing a** _____.

* A rule of life is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did.

Takeaway: *I'm going to become proactive about being inactive so that I can connect with God and my soul can be refreshed by my* _____ *with Him.*