

## REFUGE

### WHY ARE YOU SO HURRIED?

**Jesus was busy, but never seemed to hurry or be rushed.**

- Matt 4:18 / Matt 5:1 / Matt 9:9-10

**Jesus modeled an understanding of the greater work and purpose that was at hand.**

**Jesus calls us to come and learn this way from Him.**

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matt 11:28-30 MSG)*

**We learn from the unhurried pace that Jesus modeled:**

- Take the time to rest well - be refreshed and sustained by God.
- Seek solitude to pray and be present with God.
- Slow down enough to be fully present for the people and moments that matter most.

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# GOD'S WORD FOR TODAY

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## Deuteronomy 5:12-15

<sup>12</sup> "Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. <sup>15</sup> You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

## Matthew 14:13-23

<sup>13</sup> Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. <sup>14</sup> When he went ashore he saw a great crowd, and he had compassion on them and healed their sick. <sup>15</sup> Now when it was evening, the disciples came to him and said, "This is a desolate place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." <sup>16</sup> But Jesus said, "They need not go away; you give them something to eat." <sup>17</sup> They said to him, "We have only five loaves here and two fish." <sup>18</sup> And he said, "Bring them here to me." <sup>19</sup> Then he ordered the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds. <sup>20</sup> And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. <sup>21</sup> And those who ate were about five thousand men, besides women and children. <sup>22</sup> Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. <sup>23</sup> And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,