

# Healthy Rhythms

Part two of the series, "Thrive: Spiritual Health in Times of Crisis"

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**Saturday, August 8 & Sunday, August 9, 2020**

Pastor Billy Life

*"That evening at sundown they brought to him all who were sick or oppressed by demons. <sup>33</sup>And the whole city was gathered together at the door. <sup>34</sup>And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him. <sup>35</sup>**And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.** <sup>36</sup>And Simon and those who were with him searched for him, <sup>37</sup>and they found him and said to him, 'Everyone is looking for you.' <sup>38</sup>And he said to them, 'Let us go on to the next towns, that I may preach there also, for that is why I came out.'" (Mark 1:32-38 ESV)*

**Jesus maintained a healthy rhythm of ABIDING with the Father.**

**We need a regular rhythm of withdrawing from the busyness of life to abide with Jesus.**

- **REST.**
- **REFLECTION.**
- **READING the Word.**
- **PRAYER.**

**As we abide in Christ, He enables us to fulfill our PURPOSE.**

*"Jesus went out as usual to the Mount of Olives, and his disciples followed him. <sup>40</sup>On reaching the place, he said to them, 'Pray that you will not fall into temptation.' <sup>41</sup>He withdrew about a stone's throw beyond them, knelt down and prayed, <sup>42</sup>'Father, if you are willing, take this cup from me; yet not my will, but yours be done.' <sup>43</sup>An angel from heaven appeared to him and strengthened him." (Luke 22:39-43 NIV)*

*"Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>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. <sup>30</sup>For my yoke is easy and my burden is light." (Matthew 11:28-30 NIV)*