


# *Welcome!*



northwest

COMMUNITY CHURCH

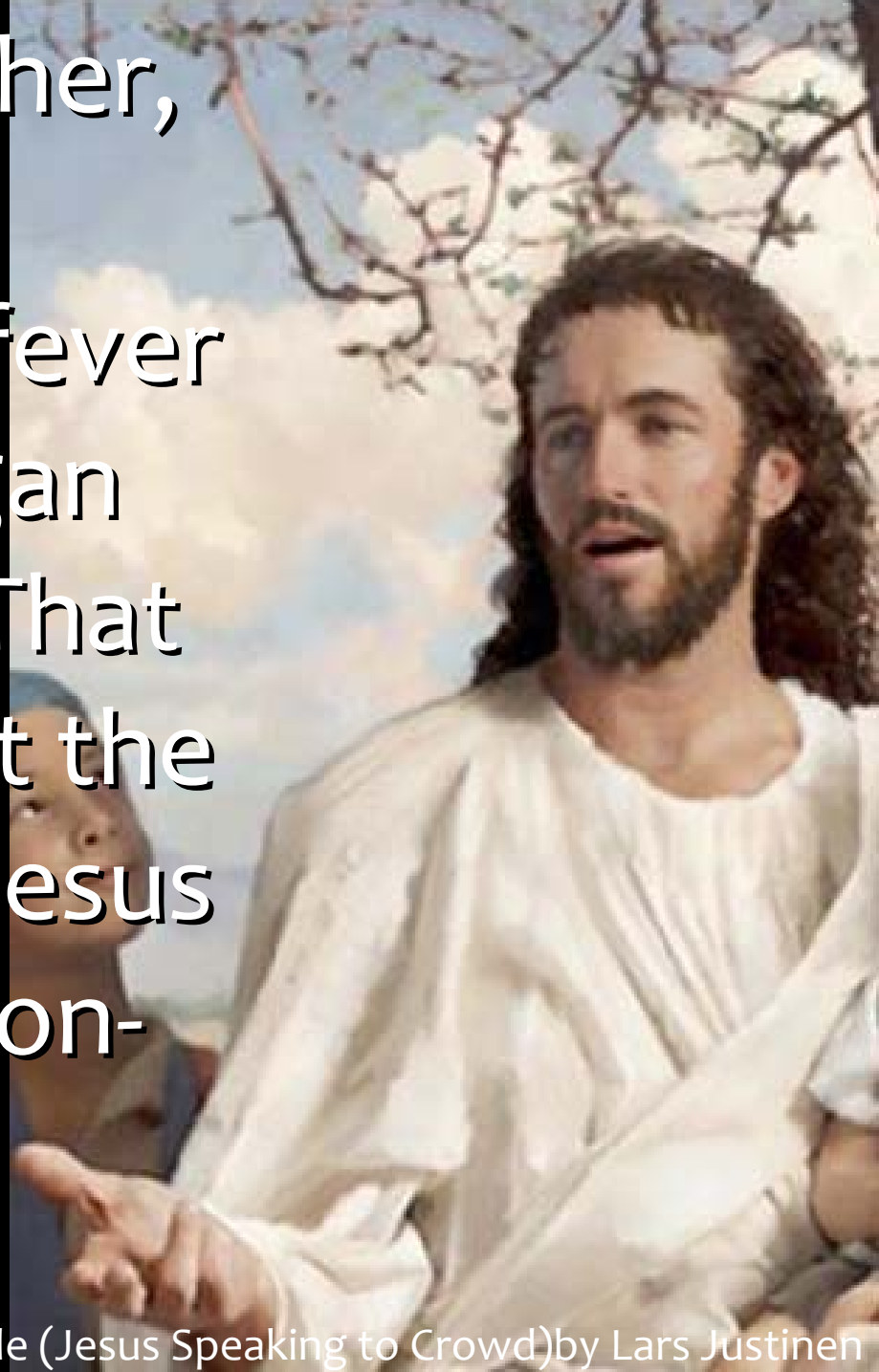


The Parable (Jesus Speaking to Crowd) by Lars Justinen

Mk 1:29 As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. <sup>30</sup> Simon's mother-in-law was in bed with a fever, and they told Jesus about her.



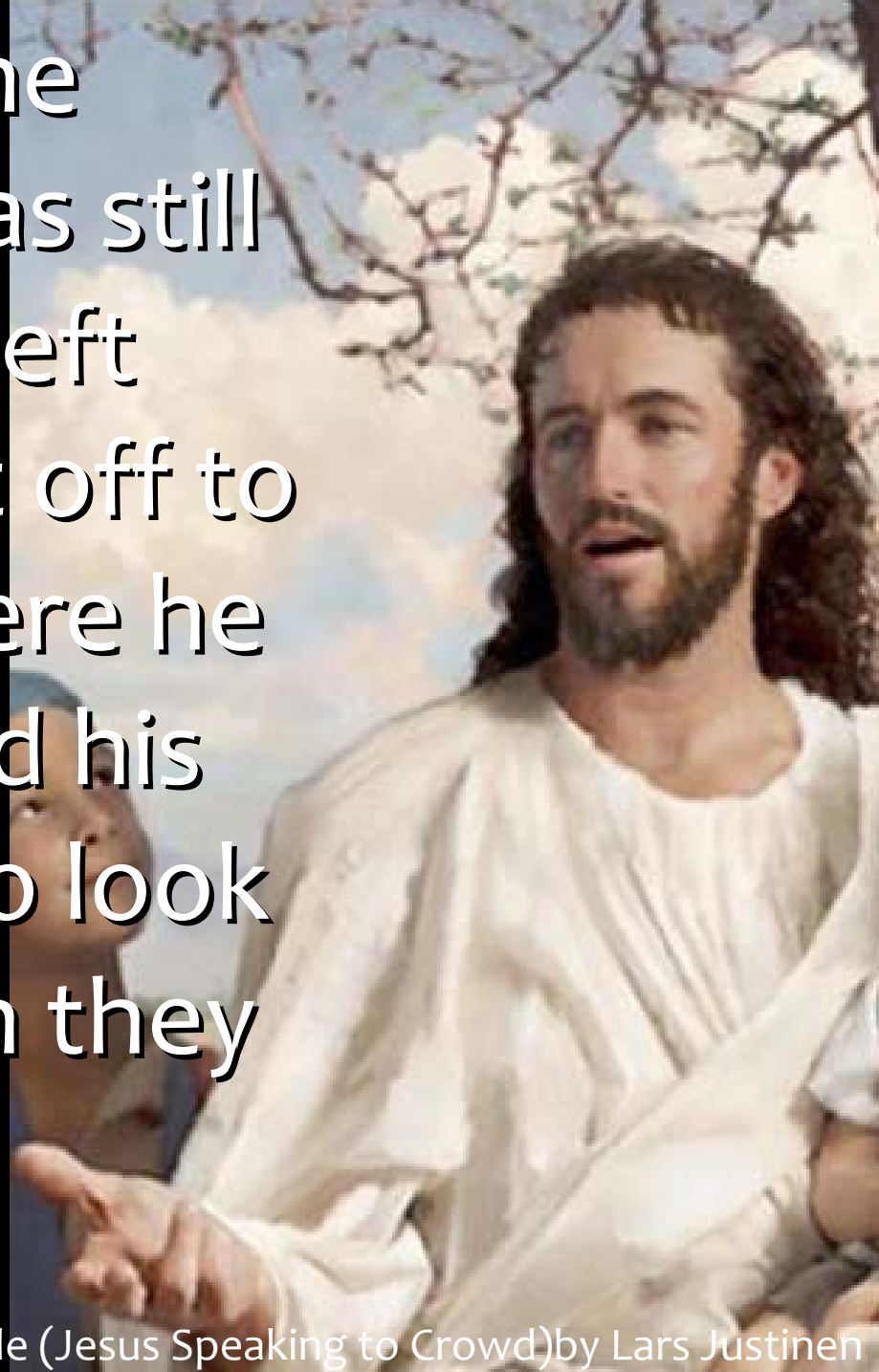
Mk 1:31 So he went to her,  
took her hand and  
helped her up. The fever  
left her and she began  
to wait on them. 32 That  
evening after sunset the  
people brought to Jesus  
all the sick and demon-  
possessed.



Mk 1:33 The whole town gathered at the door, <sup>34</sup> and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.



Mk 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. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed:

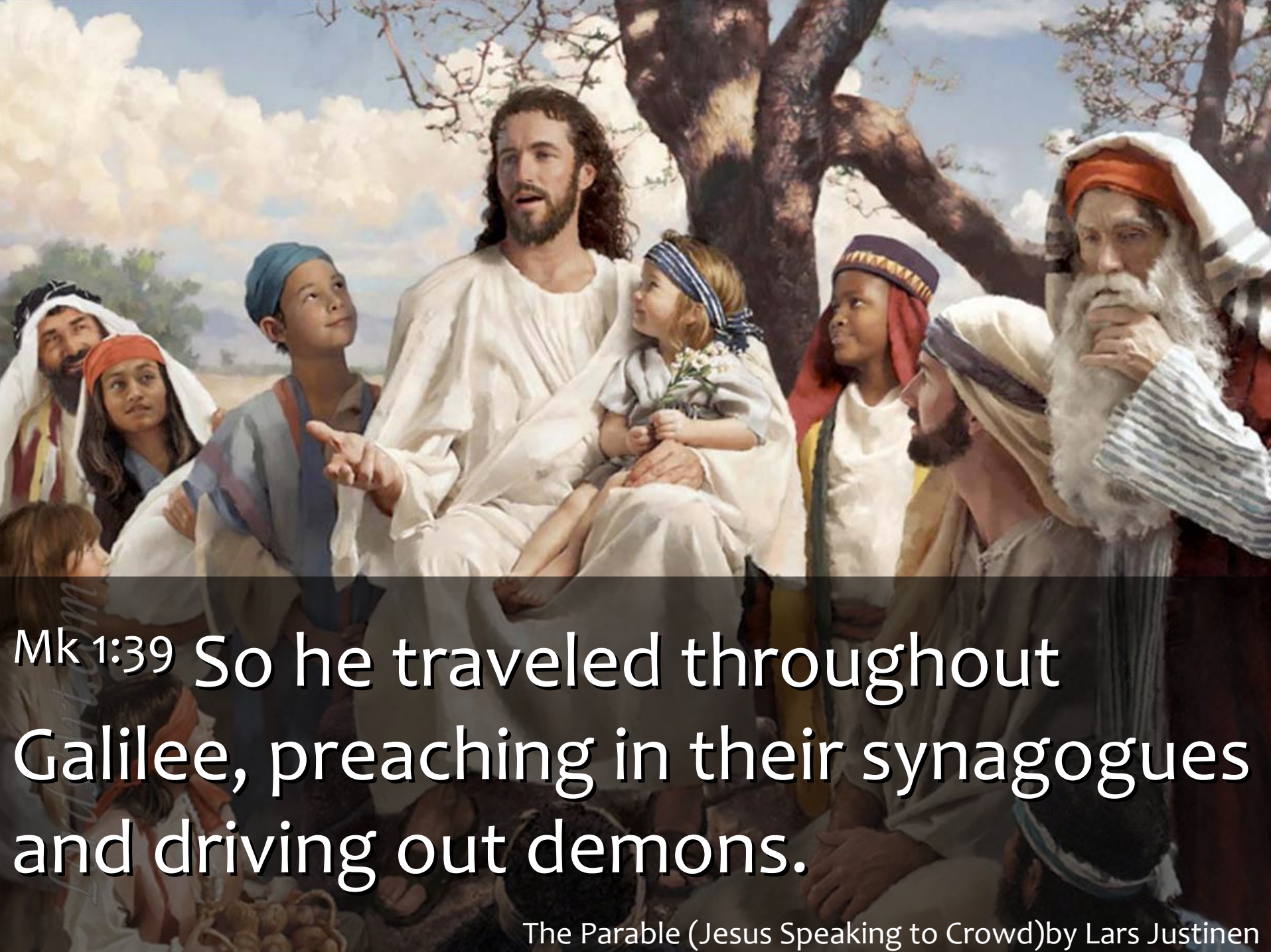


“Everyone is looking for you!”

Mk 1:38 Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.”



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Mk 1:39 So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

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# “Refresh”



Messages that will refresh your life  
right where you need it.

*"Teaching, like rain out of heaven,  
showers of words to refresh and  
nourish your soul..." Joel 2:23 MSG*



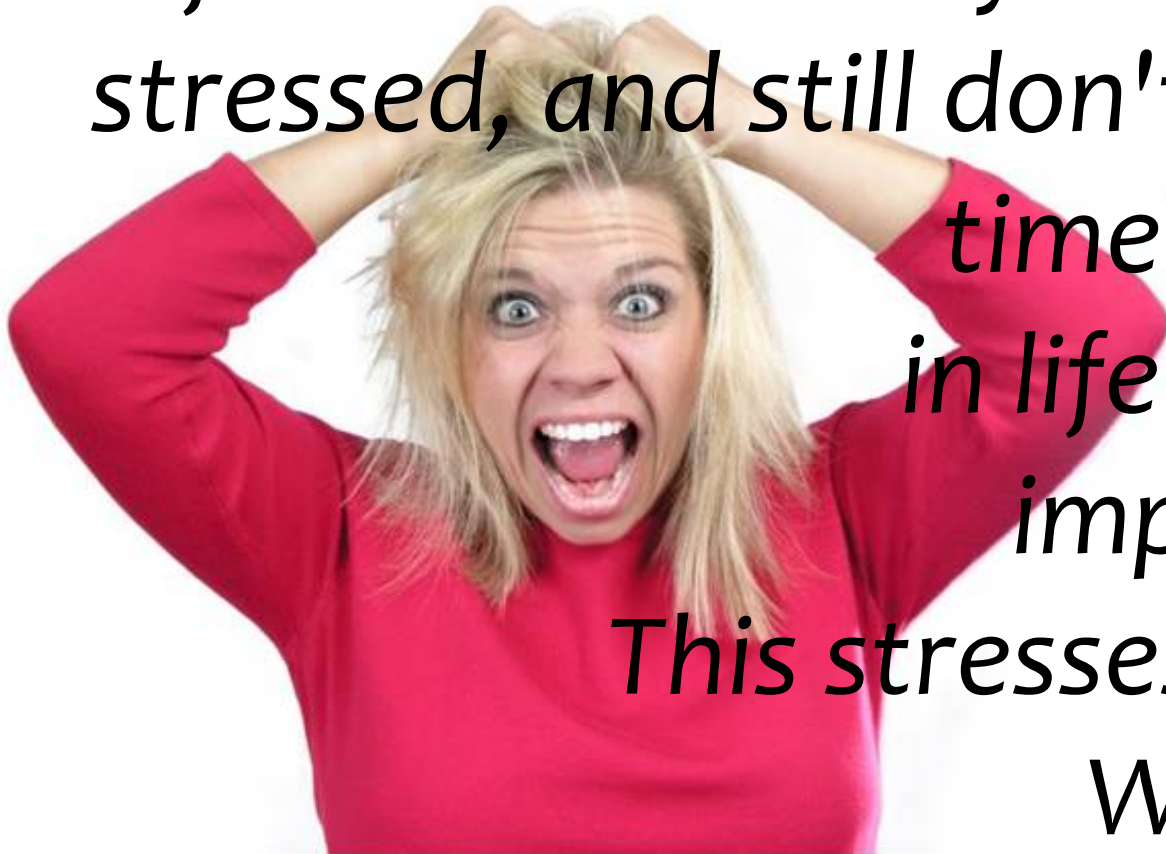
Memory verse:

*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*



# Q/ How can I do everything I need to do?

*"I feel like I'm always rushing, always stressed, and still don't have enough time for the things in life that are most important to me. This stresses me out a lot. What can I do?"*

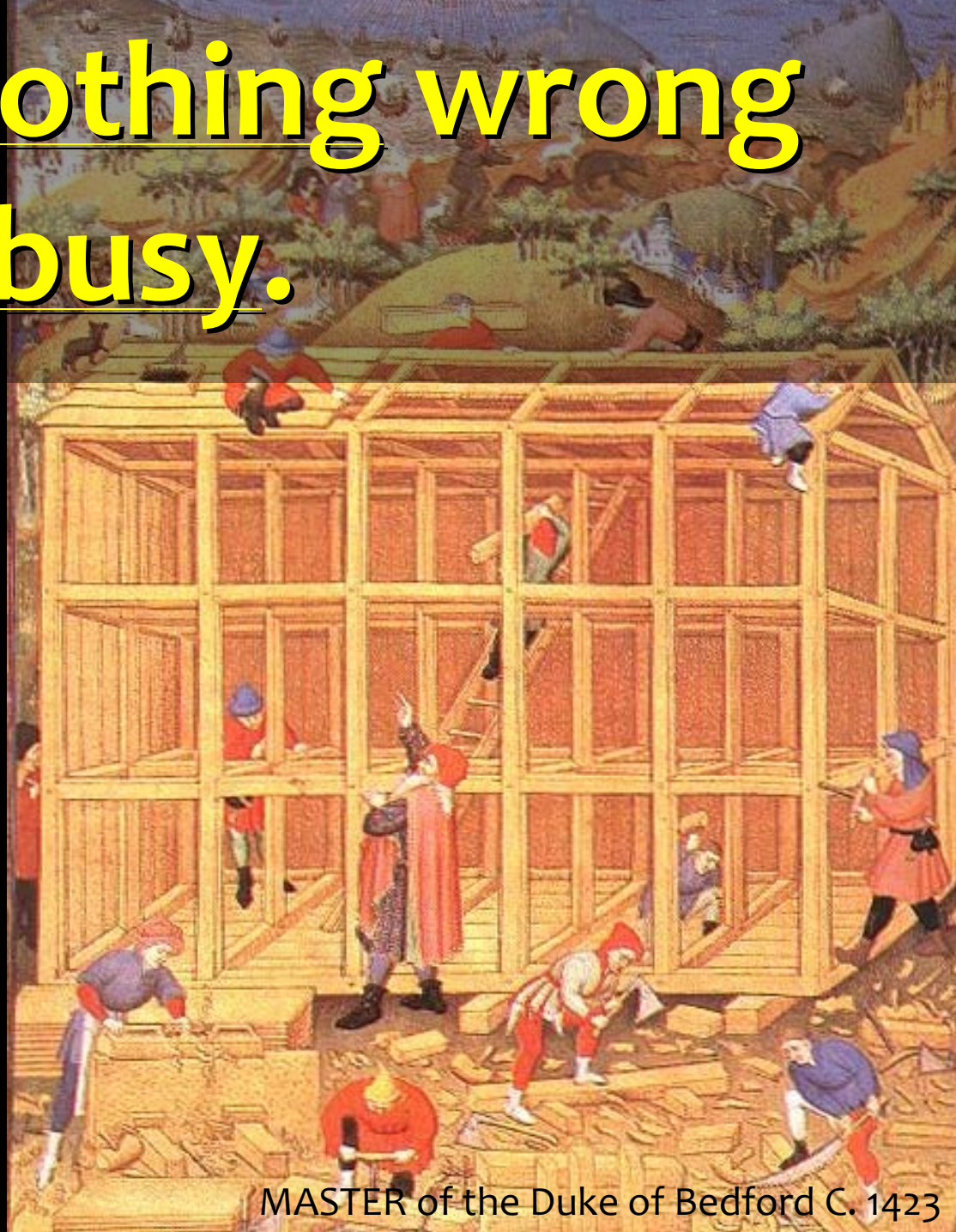


# 1. An overburdened Christian is an oxymoron.



Mt 11:28 “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.”

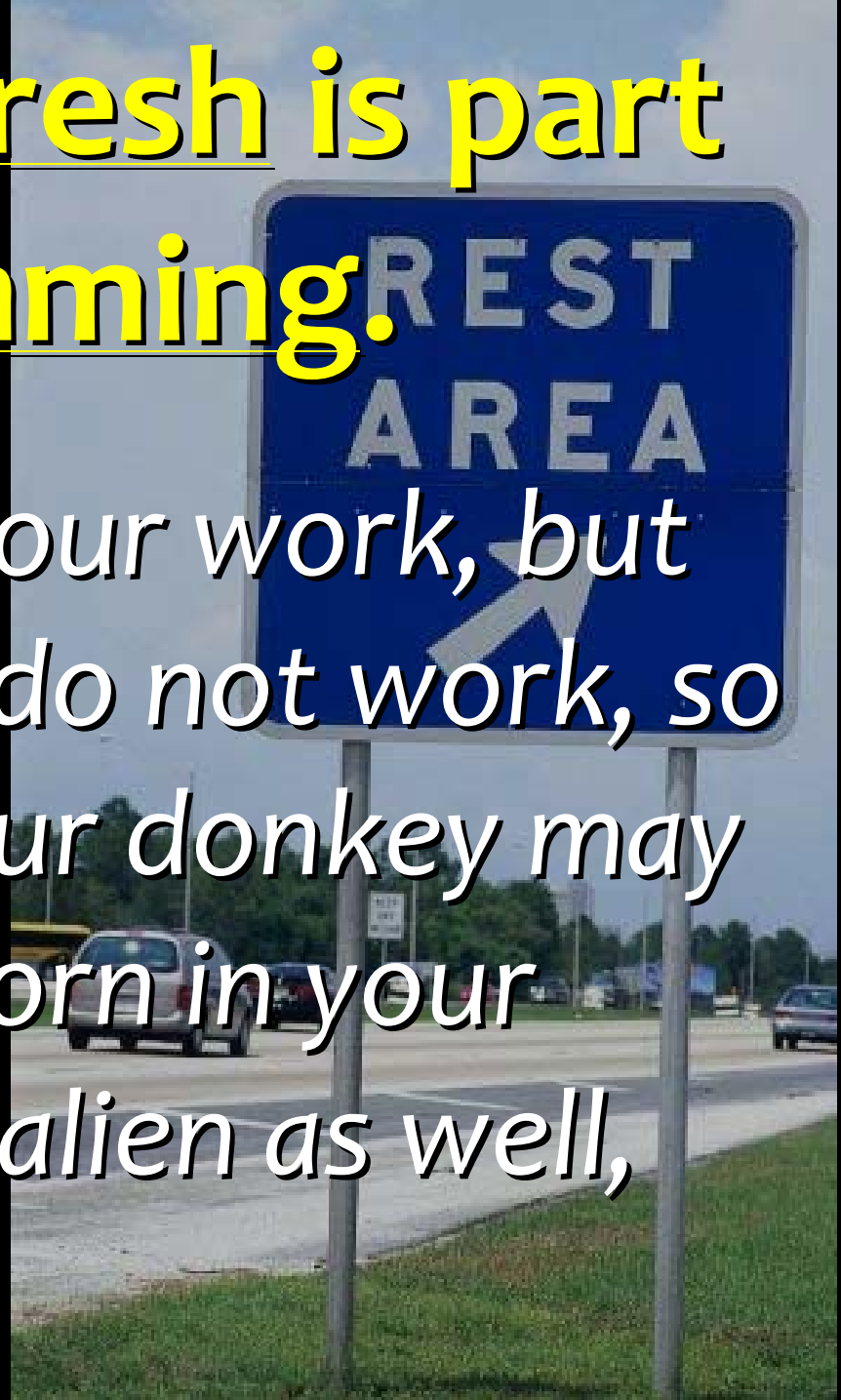
# 2. There's nothing wrong with being busy.



MASTER of the Duke of Bedford C. 1423

# 3. A weekly refresh is part of our programming.

Ex 23:12 “Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed.”



4. It's smart to make time  
for the One who can make  
time.

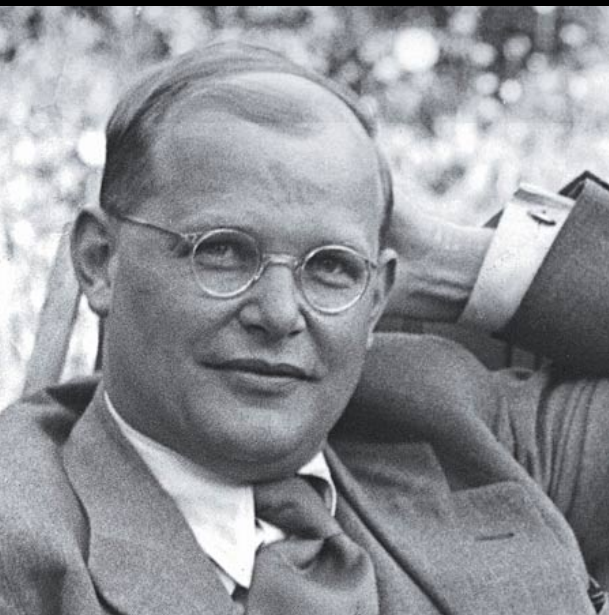
*Mk 1:35 Very early in the morning,  
while it was still dark, Jesus got up,  
left the house and went off to a  
solitary place, where he prayed.*



**5. Jesus took control of his schedule, not the other way around.**

*“We must be ready to allow ourselves to be interrupted by God... God will be constantly crossing our paths and cancelling our plans by sending us people... we must not spare our hand where it can perform a service and... not assume that our schedule is our own to manage, but allow it to be arranged by God.”*

*– Dietrich Bonhoeffer*



**Q/ How can I do  
everything I need to do?**

**A/ God's time-  
management can make a  
busy schedule refreshing!**