



## **The Power of “The Pause”**

Lessons from “Shabbat” (“to rest, cease, stop”)

**I am glad to be home and thank you!!** You gave Kathi and me a wonderful gift.

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**Listen!**

**#1 I can believe God for so much more.** Ephesians 3:20, 21

- Able—to do—exceedingly—abundantly—beyond—all—ask—think.

**#2 I can have terrific impact as an “also ran.”** 1 Corinthians 1:26-31

- I am deeply loved.
- My life matters.

**#3 I can gain so much by pausing.** Psalm 46:10 and Mark 6:31 and Matthew 11:28-30

- There is power and renewal in the pause.

**The University of Idaho Jazz Choir**

# Walking Papers

*“Practical helps for walking the Christian walk this week.”*

**Core Truth:** I can:

...believe God for so much more in the Christian life.

...have terrific impact as an “also ran” in the Christian life.

...gain so much spiritually by pausing.

- **Today.** Please read Ephesians 3:14-19. What are the accomplishments of God listed in these verses? Which of these has He accomplished for you?
- **Monday.** Please read Ephesians 3:20, 21. Is God calling you to trust Him for greater things in some area spiritually? Relationally? Emotionally? Ministry wise?
- **Tuesday.** Please read 1 Corinthians 1:26-31. Do you feel like an “also ran” in the Christian life and ministry? Why or why not? What is the evidence that God loves you intensely? What are the ways that God has used you in the past? (List them out.)
- **Wednesday.** Please read Psalm 46:10. Why is this command to “cease striving (be still) and know that I am God” given to us? What do you need to do in order to obey this command in greater ways?
- **Thursday.** Please read Mark 6:31. Why did Jesus invite His disciples away to a lonely place to rest for awhile? Are those same reasons valid for you? What will you do on a regular basis to “come away by yourselves to a secluded place and rest for awhile?”
- **Friday.** Please read Matthew 11:28-30. What level of burden are you feeling in your life? How can you set that burden down and take up the light burden of Jesus?
- **Saturday.** Please read Proverbs 24:30-34. What is the point or principle of verse 32? What is the application for you?