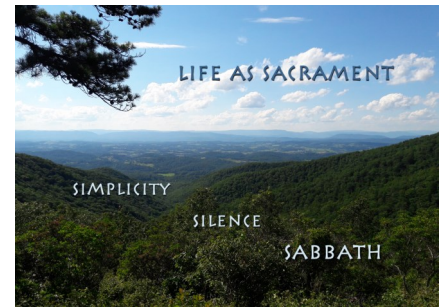


Crossroads Scriptures and Sacred Pauses

August 20, 2017



Scripture: Sunday, Genesis 2:2-3 On the sixth day God completed all the work that he had done, and on the seventh day God rested from all the work that he had done. ³ God blessed the seventh day and made it holy, because on it God rested from all the work of creation.

Sacred Pause: Doing good and meaningful work is very rewarding. But without rest ongoing meaningful work is not possible. If God rested, then don't you think you should too?

Scripture: Monday, Mark 2:27 Then Jesus said, "The Sabbath was created for humans; humans weren't created for the Sabbath.

Sacred Pause: Instead of seeing Sabbath rest as a law that we all break, Jesus said Sabbath is a gift of time to recreate and reconnect with God who gives you strength.

Scripture: Tuesday, Mark 6:31b-32 Jesus said to the apostles, "Come by yourselves to a secluded place and rest for a while." ³² They departed in a boat by themselves for a deserted place.

Sacred Pause: There is a deeper soulful and mindful rest that comes with retreating to a quiet place alone with God. Pull apart from the busyness, before you fall apart.

Scripture: Wednesday, Psalm 46:10 Be still, and know that I am God!

Sacred Pause: There is no place where God is not to be found. But there is something special that stirs in your heart when you are still long enough to feel God's love.

Scripture: Thursday, Luke 5:15, 16 News of Jesus spread even more and huge crowds gathered to listen and to be healed from their illnesses. ¹⁶ But Jesus would withdraw to deserted places for prayer.

Sacred Pause: Sometimes it feels as though the schedule of the day is the most important thing. It is important, but even more important when it includes a time for prayer.

Scripture: Friday, Luke 8:23 As they sailed across, Jesus settled down for a nap.

Sacred Pause: Albert Einstein napped each day; He also got ten hours of sleep at night. Remember, God rested and Jesus napped. How about you? There is no shame in napping.

Scripture: Saturday, Isaiah 40:31 ...those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind.

Sacred Pause: Strength of heart and soul gives you the ability to forgive and show compassion to others. Such strength comes when you exercise your time with God in quiet.