A blurred photograph of a busy city street with several pedestrians walking. The image is intentionally out of focus to convey a sense of motion and busyness. The background shows buildings and possibly a vehicle, all blurred into streaks of light and color.

**The busier we
get, the more
rest we need**

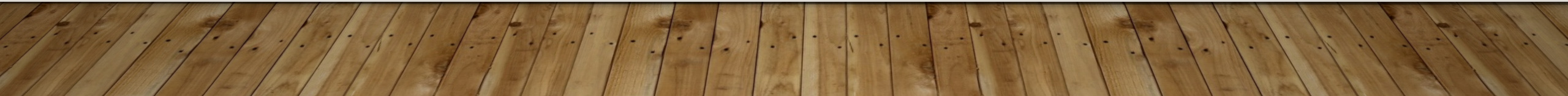
Mark 6:30-32

MARK 6:30-32

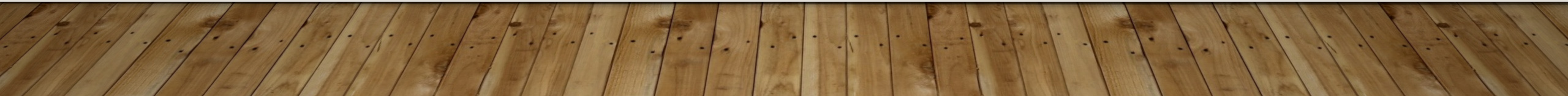
³⁰ The apostles (after being sent out as missionaries) gathered with and returned to Jesus from their ministry tour, telling Him all they had done and taught. ³¹ Because there were so many people continually coming and going that Jesus and his apostles didn't even have time or a chance or the leisure to eat, Jesus said, "Come now! Let's go off by ourselves to a quiet, secluded, solitary and deserted place and get some rest, some refreshment for a while." ³² So they left by boat for a quiet, solitary, secluded, deserted place, where they could be alone.

(Multiverse)

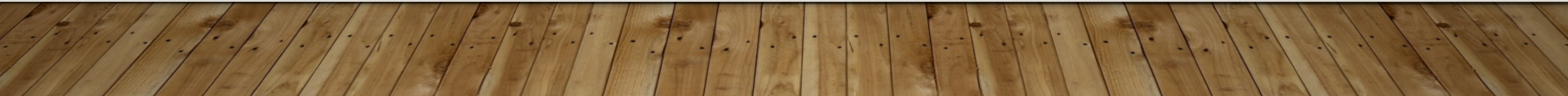
I HAVE SO MUCH FREE TIME
THAT I GET TO DO WHATEVER I WANT
WHENEVER I WANT



I SPEND MOST OF MY DAY RUNNING
AROUND DOING THINGS, BUT I DO GET TIME
TO PURSUE INTERESTS OR HOBBIES



I AM SO BUSY I'D BE WILLING TO BUY
FREE TIME JUST TO SLOW DOWN AND
GET SOME TIME TO BREATHE



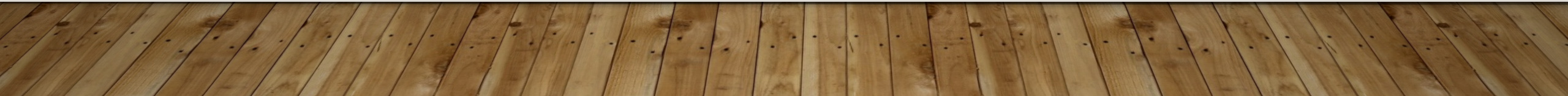
MARK 6:30

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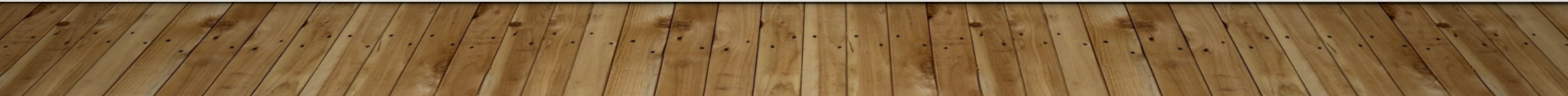
MARK 6:31-32

³¹ Because there were so many people continually coming and going that Jesus and his apostles didn't even have time or a chance or the leisure to eat, Jesus said, "Come now! Let's go off by ourselves to a quiet, secluded, solitary and deserted place and get some rest, some refreshment for a while." ³² So they left by boat for a quiet, solitary, secluded, deserted place, where they could be alone.

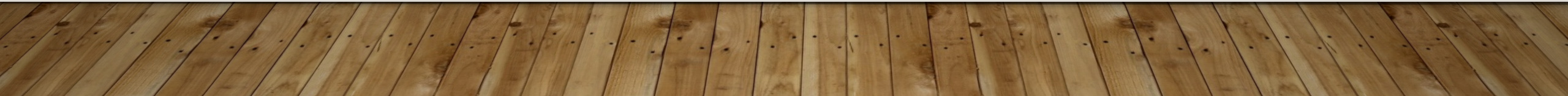
OUR UNION (OR LACK THEREOF)
WITH CHRIST AFFECTS OUR
CONFORMITY TO CHRIST



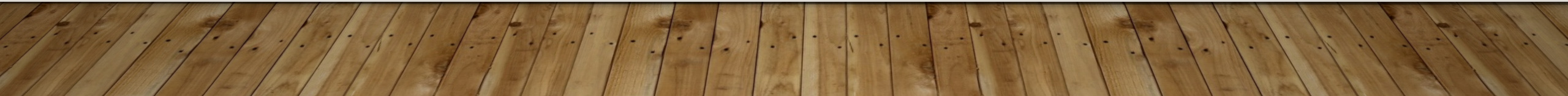
AND OUR CONFORMITY TO CHRIST
(OR LACK THEREOF) AFFECTS OUR ABILITY
TO SHARE CHRIST.



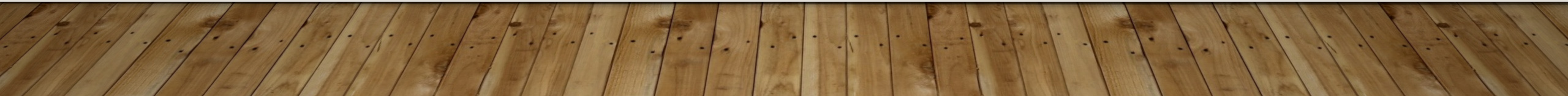
**“THE BUSIER YOU GET,
THE MORE REST YOU NEED.”**



QUIET TIME



SABBATH



RECHARGE

