



28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 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. 30 For my yoke is easy and my burden is



MATTHEW 11:28-30 NIV



"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

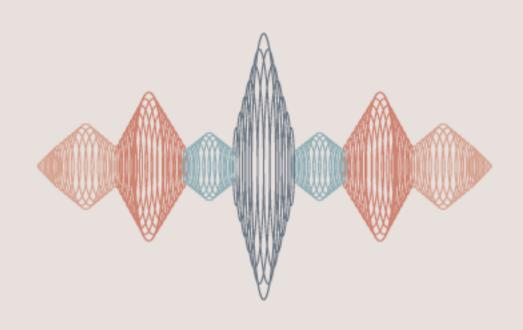


MATTHEW 11:28-30 MSG



GROW up

42 And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. 43 And awe came upon every soul, and many wonders and signs were being done through the apostles.

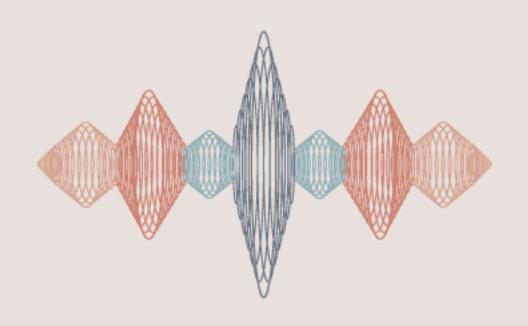


ACTS 2:42-43 NIV



GIVE to

44 And all who believed were together and had all things in common. 45 And they were selling their possessions and belongings and distributing the proceeds to all, as any had need.

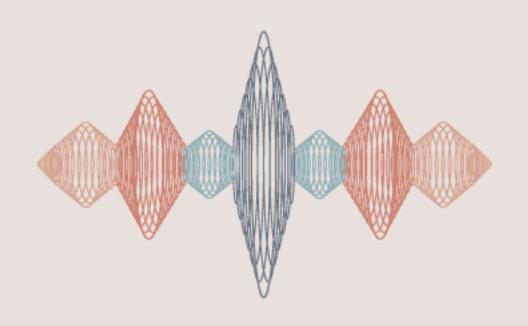


ACTS 2:44-45 NIV



GATHER in

⁴⁶ And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, ⁴⁷ praising God and having favor with all the people.

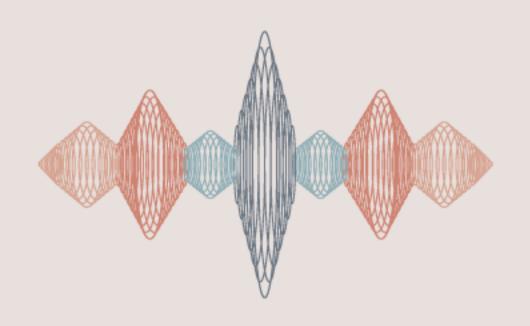


ACTS 2:46-47_{NIV}



GO out

47 praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

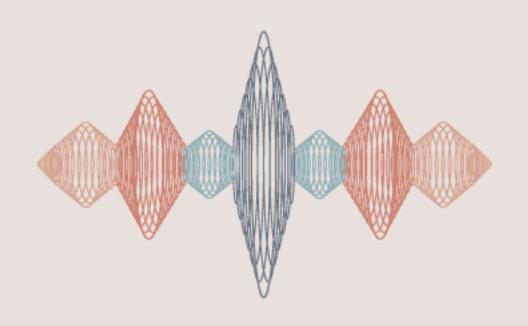


ACTS 2:47 NIV



GATHER in

⁴⁶ And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, ⁴⁷ praising God and having favor with all the people.



ACTS 2:46-47_{NIV}



23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful. 24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

HEBREWS 10:23-25 ESV

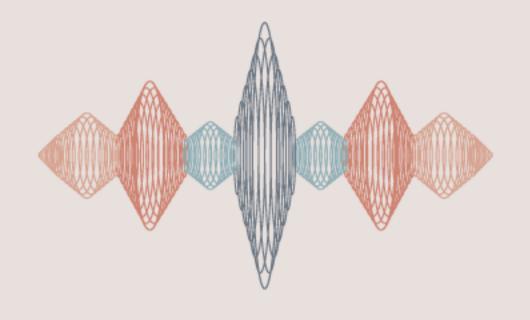
Rhythms

Church attendance is correlated with:

- Less depression
- Less suicide
- Less emotional-pain medicators
- Greater social support
- Greater meaning of life
- Greater life satisfaction
- Greater civic engagement
- Children more likely to grow up happy

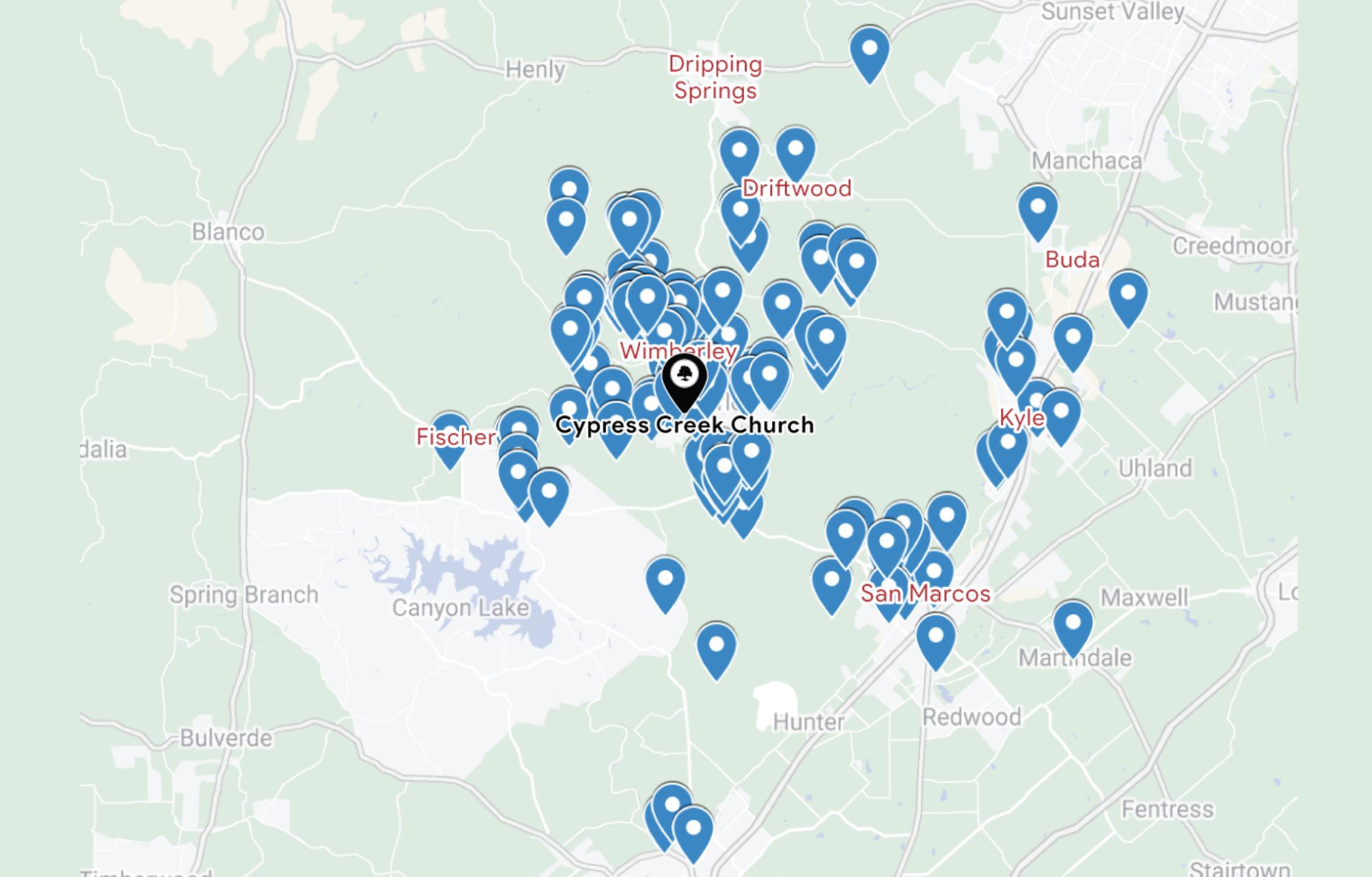


"We loved you so much that we shared with you not only God's Good News but our own lives, too."



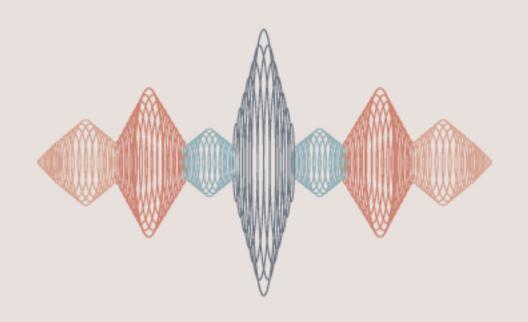
1 THESSALONIANS 2:8 NLT







"The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."



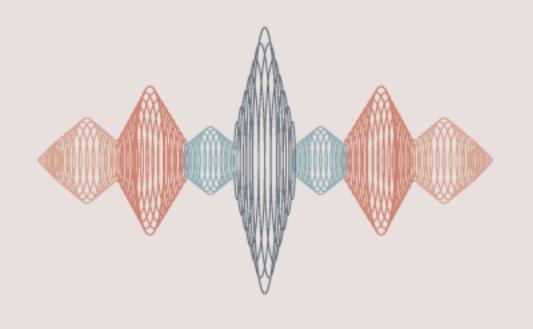
GENESIS 2:18 NIV

Rhythms

17 Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. 18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. 19 I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." MATTHEW 16:17-19 MSG



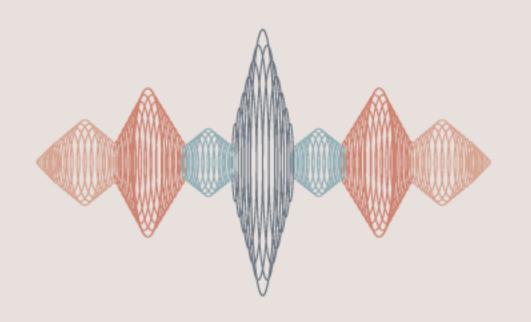
¹⁹ Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. ²⁰ For where two or three are gathered in my name, there am I among them."



MATTHEW 18:19-20 ESV



How is the rhythm of your life?





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MATTHEW 11:28-30 NIV

