

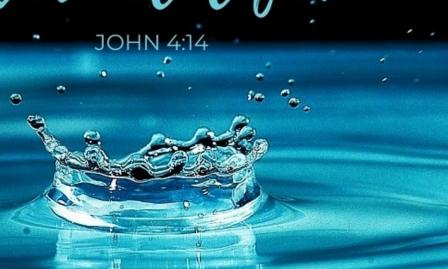
- "Without a fast, it's difficult to recognize a feast."
- 1. Choose to fast from something you enjoy in abundance this week:
 - Entertainment, music, podcasts, music, YouTube, reading, shopping...
 - Certain foods, snacks, naps, your boat, golf, working out, something...
 - 2. Next Sabbath (your day of rest), take it up again, savour it, give thanks for it. Recognize it as a gift.

How did it go? What challenges or breakthroughs did you experience?



BUT THOSE WHO DRINK THE WATER I GIVE WILL NEVER BE THIRSTY AGAIN. IT BECOMES A FRESH, BUBBLING SPRING WITHIN THEM, GIVING THEM







MENTER THE STUBERS OF A CANAL

Don't you see how wonderfully kind, tolerant, and patient God is with you?

DOES THIS MEAN NOTHING TO YOU?

CAN'T YOU SEE THAT HIS KINDNESS IS

INTENDED TO TURN YOU FROM YOUR SIN?

ROMANS 2:4

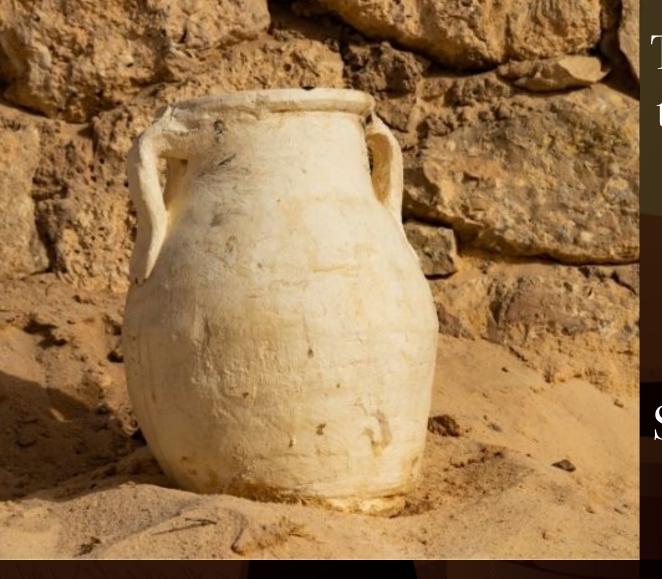
this is love

NOT THAT WE LOVED GOD

BUT THAT

HE LOVED US

WHY NOW? WHY HERE? WHY HER?



The woman left her water jar beside the well and ran back to the village, telling everyone,

"Come and see a man who told me everything I ever did! Could He possibly be the Messiah?"

So people came streaming from the village to see Him.

BUT HE SAID TO
THEM, "I HAVE FOOD
TO EAT THAT YOU DO
NOT KNOW ABOUT."

JOHN 4:32

Jesus said to them, My food is to do the will of him who sent me & to accomplish his work.

John 4:34

A DIFFERENT AND OF FOOD

Come to me, all you who are weary and burdened, and I will give you

REST.

-Matthew 11:28

- 1. What or who do you normally go to when you are feeling weary?
- 2. This week, when you're tired and weary... instead of doing what you normally do, press into Jesus. Pray, read Scripture, commune with Him, DO HIS WILL & WORK.
 - 3. After doing this, assess: I am still weary? Did Jesus bring me food, drink, and rest?

RACTICE IT AT HOME