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Take a Break



Please send me more details on finding a personal relationship with God. Please indicate if you would like a Luke's Gospel, a New Testament with Knowing and Doing or a Bible.

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A BREAK FROM...

If like me, having a cup of coffee is a chance to sit down, slow down, and escape from the rat race for a few minutes, then take the time to read this for 4 minutes.

Does it seem that every day just gets faster and faster and there seems to be so many things that we just can't get round to?

You are right, no-one can get everything done, and recognizing that we are not all powerful and time is a limitation, allows us to accept our situation a little better.

But it is easy to get caught up in the present and miss out on the important.

So, slow down, drink your coffee and ponder the important for a few minutes.

...the rush
of life



BREAK INTO ANOTHER SPHERE

Is there no rest, no peace, no getting away from the pressure and the worries? Why are we built like this?

There was one person who didn't seem to be in a rush.

He said things like 'my time is not come'. He always seemed to do the right things at the right time and say the right things.

He said,

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

Matthew 11:28-30

The man was Jesus. He was God who had taken on humanity, not just to give us an example, but to provide a way so that we don't miss out on the important – in fact, the most important thing of life.

Are you interested in finding the answer to our worries and pressure and general failure of our lives?



BREAKDOWN

Hunger or the wrong type of food can cause problems in our physical health.

Our failure to manage our time, the things that cause us to worry, the feeling of stress about so many issues are all parts of the one problem –a breakdown in our spiritual well-being. God puts all these symptoms and things together and calls them sin.

I must admit I have all the symptoms. Do you?

The Bible, God's word to mankind says,



...all have sinned and fall short of the glory of God...
Romans 3:23

Jesus said it is what is inside us that comes out!

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

Luke 6:45

Food satisfies for a short time, and doing our own thing may feel right for a time, but if it's not God's way it will come back on us.

That's not the menu, I want to read!

GIVE ME A BREAK !

Jesus fed thousands one day when they were far from home or the shops. He did it so that he could explain how He was going to help them with their big life-problem. He said,

Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.

John 6:27

He didn't mean don't have your food, but that His food is vitally important. He said...

I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.

John 6:51

And He did. He died taking the consequences for sin and then rising again from the dead. As He said...

Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

John 12:24

So take
your break!



MAKE A BREAK FOR IT

Have you seen the specials or the very tempting cake?

What do you have to do to get it?

God's eternal food that gives eternal life is like that. You have to take it.

Turn from the way you're going, acknowledge that things are not pleasing to God in your life and ask His forgiveness.

Then accept that Jesus died and rose again to pay for your weaknesses, failures, and stresses and ask Him to be the one who gives you eternal life. For

...to all who did receive him, to those who believed in his name, he gave the right to become children of God...

John 1:12

Then this is the result Jesus promises to give...

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

The break will do you good.



BREAK TIME

Just check the wrapper for the 'sell by' or the 'best before' date. Is it OK? What if it wasn't?

Today's offer may not be tomorrow's because

...now is the time of God's favour, now is the day of salvation.

2 Corinthians 6:2

Fancy trying something new? You won't know what it's like until you do. Likewise...

Taste and see that the LORD is good; blessed is the one who takes refuge in him.

Psalms 34:8

You will
find Him
to be all
you need.

