

Get Away

Prioritizing a Getaway with God

1. More Than Survival: The Need for Rhythms
 - a. Human needs go beyond physical (food, water, etc.)
 - b. Spiritual and emotional rhythms are essential to sustainable living
 - c. Luke Cuthrell's story of setting limits in Pakistan
2. Personal Wake-Up Call
 - a. Overwhelmed by life's demands
 - b. Forgetting basic self-care and spiritual habits
 - c. The irony of teaching rhythms while not living them
3. The Problem of Busyness
 - a. Busyness is not inherently bad
 - b. It must be seasonal, not permanent
 - c. Intentionality is required or others will dictate your schedule
4. Biblical Example: Jesus' Response to Busyness
 - a. Luke 5:12-16 – Jesus often withdrew to pray
 - b. Luke 6:12-13 – Jesus prayed all night before choosing the 12
 - c. Consistent withdrawal was part of Jesus' life rhythm
5. Mary and Martha: Choosing the Right Priority
 - a. Luke 10:38-42 – Mary sat and listened; Martha was distracted
 - b. Jesus affirms Mary's choice to prioritize Him
6. Application: Prioritize Getting Away with God
 - a. Spiritual connection should come before responsibilities
 - b. Getting away isn't a checklist but an open line of communication
 - c. Biblical encouragement to pray:
 - i. Psalm 62:1 – Rest in God
 - ii. James 5:16 – Prayer is powerful
7. Emotional Check Engine Lights
 - a. Pause when you feel off
 - b. Ask: When was the last time I truly connected with God?
 - c. Marine Corps radio check analogy: God always hears
8. Practical Challenge: 7 Days of Intentional Connection
 - a. Invitation: 10 minutes daily @ 6:00am for 7 days
 - b. Build spiritual rhythms like other important appointments
 - c. Consistency leads to depth in relationship
9. Closing Challenge: Lead Yourself Well
 - a. If we want to lead others, we must lead ourselves
 - b. A sustainable life begins with spiritual rhythms
 - c. This is how we live on mission with Tab's 2000-year calling
 - d. Let's create a healthy, intentional community together