

**Take A Breath: Resist**  
**“Finding God In A Rat Race World”**  
**Matthew 11:28-29**

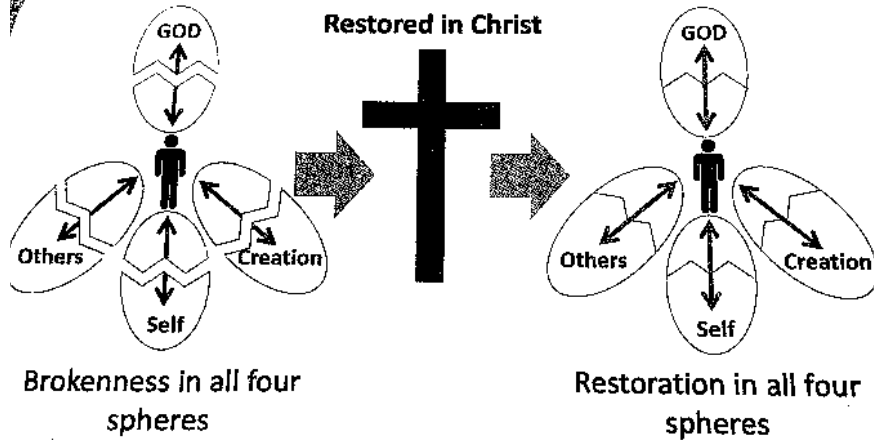
**Sunday, November 5, 2023**

**Marcus Bigelow**

1. Living in healthy \_\_\_\_\_ to \_\_\_\_\_.  
 (Eccl. 2:2-11, Col. 4:5)

2. Living as \_\_\_\_\_. (2 Cor. 5:18-20)

Genesis 1 VS Genesis 3



Living in \_\_\_\_\_  
 (2 Pet. 1:3, Matt. 6:26-34)

Father,  
 give Everything and Everyone Back to You.  
 give you my time, my money, my possessions, my  
 influence, my family, my legacy, my health...”

**Opportunity Challenge:**

How will I become more open to Kairos moments this week?

What am I holding on to that is keeping me from rest?

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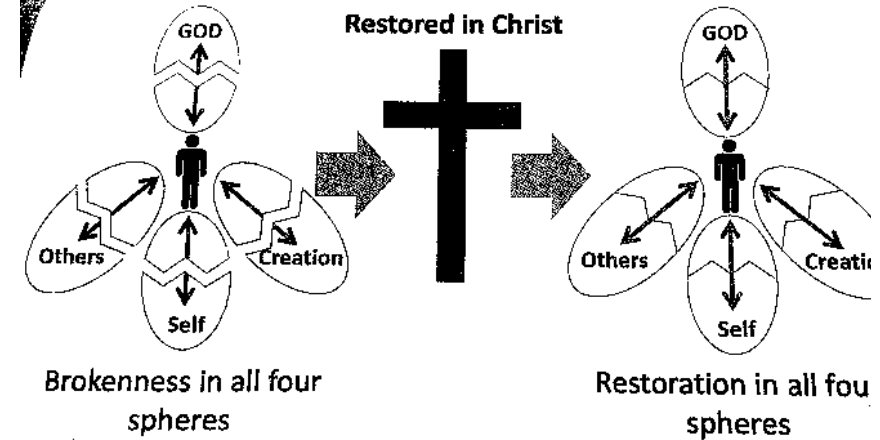
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