

"A BREAK IN THE ACTION"

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Mark 6:30-34

Introduction: We need balance!

Video: "Refuel"

- I. Work _____ rest not ____ rest!
 - A. God created us with a need for _____.
 - B. What _____ your batteries?

- II. The needy crowd.
 - A. Serve best when _____.
 - B. Who is your _____?

- III. Interior solitude.
 - A. How do you react when you are tired?
 - B. Being tired can lead to _____.

Conclusion: Balance comes from worship and spiritual refreshment.