



Why & How?
Psalm 46:10
3 of 3

Why Pause?

1. Without it, we tend toward disorder.

Proverbs 24:30-34

2. It is where transformation occurs.

Romans 12:2
Ephesians 4:22-24

3. It is where true relationship is fostered.

Luke 10:38-42

How to Pause?

1. Cease striving.

Psalm 46:10

2. Humble yourself.

Psalm 25:9



northeast notes

November 29, 2015



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3. Seek to know Him.

Psalm 46:8–10
Psalm 100:1–3

4. Listen.

1 Kings 19:9–13

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