



Restoring Your Soul

May 5, 2024

Luke 5:15-16

But the news about him spread even more, and large crowds would come together to hear him and to be healed of their sicknesses. Yet he often withdrew to deserted places and prayed.

Luke 6:12

During those days he went out to the mountain to pray and spent all night in prayer to God.

Mark 1:35

Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying.

Mark 6:46

After he said good-bye to them, he went away to the mountain to pray.

Matthew 14:23

After dismissing the crowds, he went up on the mountain by himself to pray. Well into the night, he was there alone.

>> There is a weariness that will come if all you do is serve God.

Genesis 5:21-24

When Enoch was 65 years old, he became the father of Methuselah. After the birth of Methuselah, Enoch **lived in close fellowship with God** for another 300 years, and he had other sons and daughters. Enoch lived 365 years, **walking in close fellowship with God**. Then one day he disappeared, because God took him.

Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

1. He intentionally and regularly meets with God.
2. He removed himself from distractions.
3. He talks to God.