

# RHYTHMS OF JESUS

## Rhythms of Jesus: Escaping the Noise

January 4, 2026 - Week One

Luke 5:15-16

15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.

Mark 1:35

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Luke 6:12

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Matthew 14:23a

23 After he had dismissed them, he went up on a mountainside by himself to pray.

**>> If Jesus escaped the noise to pray, how much more do we need to in our lives?**

### **1. Jesus stepped away from the noise to pray when he had decisions to make.**

Luke 6:12-13

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles:

### **2. Jesus steps away from the noise to pray when things get busy.**

Luke 5:15-16

15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.

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### **3. Jesus steps away from the noise to pray when he's worn out.**

Mark 1:32-35

32 That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33 The whole town gathered at the door, 34 and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. 35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.