

# Unforgettable Summer Enjoying God's Creation

*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. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." **Mark 1:35-38 (NIV)***

## **We Can Recharge Our Rhythm by Enjoying God's Creation**

*...Their trust should be in God, who richly gives us all we need for our enjoyment. **1 Timothy 6:17 (NLT)***

*For since the creation of the world God's invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. **Romans 1:20 (NIV)***

## **God's Power in Nature Can Renew Our Perspective God's Creativity in Nature Can Restore Our Childlike Wonder**

*The heavens declare the glory of God; the skies proclaim the work of His hands. **Psalms 19:1 (NIV)***

*Lord, our Lord, how majestic is Your name in all the earth! You have set Your glory in the heavens... When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have set in place, what is mankind that You are mindful of them, human beings that You care for them? You have made them a little lower than the angels and crowned them with glory and honor. You made them rulers over the works of Your hands; You put everything under their feet: all flocks and herds, and the animals of the wild, the birds in the sky, and the fish in the sea, all that swim the paths of the seas. Lord, our Lord, how majestic is Your name in all the earth! **Psalms 8:1-9 (NIV)***

*Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. Now the Lord God had planted a garden in the east, in Eden; and there He put the man He had formed. The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food...* **Genesis 2:7-9 (NIV)**

### **Stillness in Creation Can Reduce Our Stress**

*He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul...*

**Psalm 23:2-3 (NIV)**

*He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

**Psalm 46:10 (NIV)**

### **Admiration of Creation Can Reset Our Attitude**

*Higher than the highest heavens— that’s how high your tender mercy extends! Greater than the grandeur of heaven above is the greatness of your loyal love...*

**Psalm 103:11 (TPT)**

*When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have set in place, what is mankind that You are mindful of them, human beings that You care for them?* **Psalm 8:3-4 (NIV)**

**ASK:** Do we have a rhythm that allows God opportunities to inspire us?

### **Steps to Recharge Our Rhythm:**

#### **1. Assess**

*“Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you’ll recover your life. I’ll show you how to take a real rest.”* **Matthew 11:28 (MSG)**

#### **2. Adjust**

*“Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace.”* **Matthew 11:29 (MSG)**