

A row of white rectangular blocks of varying heights is arranged on a concrete floor, receding into the distance. The background is a brick wall. The text 'HABITS FOR THE WEARY SOUL' is overlaid in white, bold, sans-serif font.

# HABITS

FOR THE WEARY SOUL



“Train yourself to be godly.  
For physical training is of  
some value, but godliness has  
value for all things.”

1 Timothy 4:7-8









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Victor Fraile





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Matthew 11:28-30



“Come to me, all you who  
are weary and burdened,  
and I will give you rest.

Matthew 11:28



Take my yoke upon you  
and learn from me, for I am  
gentle and humble in heart,  
and you will find rest for  
your souls.

Matthew 11:29



For my yoke is easy and my  
burden is light.”

Matthew 11:30



*Come* to Jesus



*Come* to Jesus

*Learn* from Jesus



*Come* to Jesus

*Learn* from Jesus

*Rest* in Jesus



# *Come* to Jesus

*“Come to me,* all you who are weary and burdened. Take my yoke upon you.”

Matthew 11:28







# *Learn* from Jesus

“*Learn from me*, for I am gentle and humble in heart.”

Matthew 11:29



Learn: “*Mathete*”

Disciple: “*Mathetes*”



“The news about Jesus spread all the more, and great crowds came to hear Him and to be healed of their sicknesses. *Yet he frequently withdrew to the wilderness to pray.*”

Luke 5:15-16



“If you don’t come apart,  
you will come apart.”

Howard Hendricks



Meditation.

Sabbath.

Secrecy.

Simplicity.

Servanthood.

Friendship.



I cannot transform myself, or anyone else for that matter. What I can do is create the conditions in which spiritual transformation can take place, by developing and maintaining a **rhythm of spiritual practices** that keep me open and available to God.

-Ruth Haley Barton, *Sacred Rhythms*



# *Rest* in Jesus

“You will find *rest for your souls*.  
For my yoke is easy and my  
burden is light.”

Matthew 11:30



*“You have made us for yourself, O Lord.  
Our hearts are restless until they can  
find rest in you.”*

St. Augustine



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FROM THE STUDIO THAT  
BROUGHT YOU *INSIDE OUT*





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# HABITS

FOR THE WEARY SOUL

