

# Sermon Notes

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## THE PAUSE

Travis Eades | Meeting With Jesus | January 4, 2026

1. The \_\_\_\_\_.

Be still, and know that I am God. (Psalm 46:10 NIV)

But Jesus often withdrew to lonely places and prayed. (Luke 5:16 NIV)

I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. (John 15:4-5 NKJV)

2. The \_\_\_\_\_ of life.

### The Pause

- Sit still
- Breathe deeply
- Pray: "Jesus, I'm here."

  

- Change doesn't start with trying harder. It starts with making room for Jesus.

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📞 210.698.6868 ✉️ [information@oakhillschurch.com](mailto:information@oakhillschurch.com)

FACEBOOK @OHC.oakhillschurch TWITTER @OakHillsChurch HOMEPAGE [oakhillschurch.com](http://oakhillschurch.com)