

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