**Come Alive**

**Part 6**

**A deeper friendship with God is discovered in the rhythm of running and resting.**

*As soon as Jesus heard the news, he left in a boat to a remote area to be alone. But the crowds heard where he was headed and followed on foot from many towns.Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick.*

Matthew 14:13-14 (NLT)

*Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home.After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.*

Matthew 14:22-23 (NLT)

*One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”*

*He answered, “Have you never read what David did when he and his companions were hungry and in need?**In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”*

*Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”*

Mark 2:23-28 (NIV)