



'n Regula vir die lewe

**Daaglik:
Stilte**

**Weeklik:
Sabbat**

**Jaarlik:
Retreat**

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."
Mark 6:31 NIV



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



One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles ...
Luke 6: 12-13

Ek word 'n dader van die Woord deur ...