

“Slowing Down”
Series: “Burnout to Balance”

The Effects of a Hurried Lifestyle...

1. I feel _____

Song of Solomon 1:6 (GN) “*I had no time to care for myself.*”

2. I lose my _____

Job 9:25 (NCV) “*My days go by faster than a runner; they fly away without my seeing any joy.*”

3. I am _____

Proverbs 21:5 (Mess) “*Careful planning puts you ahead in the long run; hurry and scurry put you further behind.*”

Proverbs 19:2b (GW) “*A person in a hurry makes mistakes.*”

4. I can’t _____

Psalms 46:10 (NIV) “*Be still and know that I am God.*”

How To Slow Your Pace

S _____

Ecclesiastes 4:6 (GN) “*It is better to have a little, with peace of mind, than be busy all the time...*”

Proverbs 14:30 (LB) “*A relaxed attitude lengthens a man’s life; jealousy rots it away.*”

L _____

Proverbs 20:25 (MESS) “*An impulsive vow is a trap; later you’ll wish you could get out of it.*”

O _____

Exodus 20:9,10 (GN) “*You have six days in which to do work, but the seventh is a day of rest dedicated to Me.*”

Three Purposes of a Sabbath

1. _____

2. _____

3. _____

Psalms 73:2-5, 11-17 (NLT) “*But as for me, I almost lost my footing. My feet were slipping, and I was almost gone. For I envied the proud when I saw them prosper despite their wickedness. They seem to live such painless lives; their bodies are so healthy and strong. They don’t have troubles like other people; they’re not plagued with problems like everyone else... “What does God know?” they ask. “Does the Most High even know what’s happening?” Look at these wicked people—enjoying a life of ease while their riches multiply. Did I keep my heart pure for nothing? Did I keep myself innocent for no reason? I get nothing but trouble all day long; every morning brings me pain. So I tried to understand why the wicked prosper. But what a difficult task it is! Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked.”*

Psalms 127:2 (Mess) “*It is useless to rise early and go to bed late, and work your worried fingers to the bone. Don’t you know God enjoys giving rest to those He loves?*”

W _____

Ecclesiastes 3:11 (NCV) “*God does everything just right and on time, but people can never completely understand what He is doing.*”

Habakkuk 2:3 (NLT) “*This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.*”

Psalms 51:10 (MESS) “*God, make a fresh start in me, shape a Genesis week from the chaos of my life.*”

