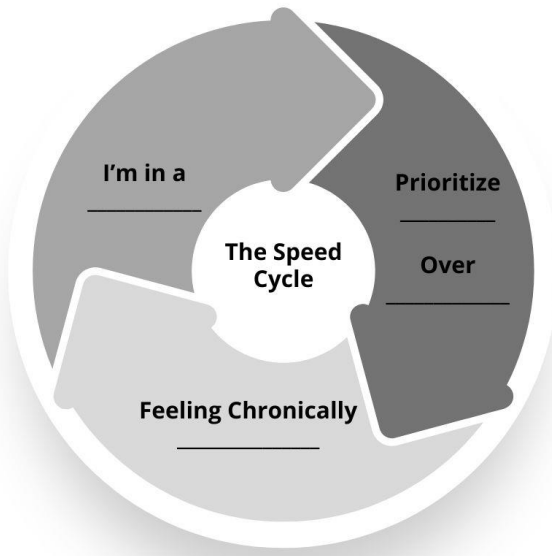


I'M DREAMING OF A UNHURRIED CHRISTMAS
"SLOWING"
DEC. 17TH, 2023

The Speed Cycle



BIG IDEA: Intentionally _____ breaks the speed cycle and _____ your capacity to love.

1. Love _____

a. Psalm 27:4, ESV

2. Love _____

a. Luke 10:30-35, MSG

3. Love _____

a. Galatians 5 5:14; 1 Corinthians 6:19, ESV

Daily Reflections

Monday:

The word, “Selah” appears often in the Psalms (see Psalm 32). While some scholars believe it might be a musical term, others believe it may be a literary term referring to a dramatic “pause.” When was the last time you experienced a dramatic “pause” in your devotional life where you simply had to slow down, reflect, and “pause” to take in the goodness and glory of God? In your prayer time, ask him to produce a “selah” moment in your life this week.

Tuesday:

Read and meditate on Isaiah 40. Focus on the phrase at the end of verse 9, “Behold your God!” In your own words, describe what “beholding God” means. How long does it take to “behold” something? If your goal was to “behold your God” today, how might your day look different? How might your devotional time with Him be different? Choose one characteristic/attribute of God to “behold” today.

Wednesday:

Read Matthew 22:34-40. What do you think Jesus meant when he said, “and a second is like it?” How is loving your neighbor related to loving the Lord? How does loving one’s neighbor display a genuine faith? Read 1 John 3:16-18. Pray and ask the Lord to help you love in both word and deed this week.

Thursday:

Think back over the Speed Cycle. How have you seen this play out in your relationships at home? At work? Running errands? Replay an instance in which you felt stuck in the Speed Cycle. Ask the Lord to help you identify how you could intentionally slow down and be a person who displays love, joy, peace, and patience instead.

Friday:

How well do you listen to your own body? The Scriptures say that our bodies are a temple of the Holy Spirit within you (1 Cor. 6:19). What area can you steward better for God’s glory? Rest, exercise, diet?