

## Slowing Down

### Part – 3

*“Come to me, all you who are weary and burdened, and I will give you rest.”* Matthew 11:28 (NIV)

### A hurried lifestyle...

...increases my stress level. (Eccl. 5:3)

...decreases my joy. (Job 9:25)

...decreases my productivity. (Proverbs 21:5)

...decreases my connection with God. (Ps.46:10)

### Strategies for Slowing Down

#### 1) Start with the heart.

*“...I have learned to be content whatever the circumstances...”* Philippians 4:11 (NIV)

*“...Guard against every kind of greed. Life is not measured by how much you own.”* Luke 12:15 (NLT)

*“A heart at peace gives life to the body, but envy rots the bones.”* Proverbs 14:30 (NIV)

#### 2) Develop a godly schedule.

*“Work and get everything done during six days each week, but the seventh day is a day of rest to honor the Lord your God.”*  
Exodus 20:9-10 (NCV)

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

#### 3) Ask before you add.

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

*“If any of you needs wisdom to know what you should do, you should ask God, and he will give it to you...”*

James 1:5 (GW)

Key Questions: 1) Is it worth it?      2) What am I going to give up?

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