

Slowing Down

Series: *From Burnout to Balance*

Psalm 51:10 (TMB)

THE EFFECTS OF A HURRIED LIFESTYLE

When you live a hurried lifestyle...

- ❶ **YOU FEEL MORE STRESS**
(Song of Solomon 1:6)
- ❷ **YOU LOSE YOUR JOY**
(Job 9:25)
- ❸ **YOU ARE LESS PRODUCTIVE**
(Proverbs 21:5)
- ❹ **YOU CAN'T HEAR GOD**
(Psalm 46:10)

HOW TO START SLOWING YOUR PACE

You start slowing your pace when you...

- ❶ **STOP THE CONSTANT PUSH FOR MORE**
(Ecclesiastes 4:6, Proverbs 14:30)
- ❷ **LEARN TO SAY "NO"**
(Proverbs 6:1-5, 20:25, Matthew 5:37)
- ❸ **OBEY THE FOURTH COMMANDMENT**
(Mark 2:27, Exodus 20:8-11, Deuteronomy 5:12-15, Psalm 127:2)
- ❹ **WAIT FOR GOD'S TIMING**
(Ecclesiastes 3:11, Habakuk 2:3)

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