

**SLOWING DOWN**  
**From Burnout To Balance – Part 1**  
**April 3, 2016**

**EFFECTS OF A HURRIED LIFESTYLE...**

**1. When you're hurried you feel more STRESS.**

**Song of Solomon 1:6b (GNT)** *"My brothers were angry with me and made me work in the vineyard. I had no time to care for myself."*

**2. When you're hurried you lose your JOY.**

**Job 9:25 (NIV)** *"My days are swifter than a runner; they fly away without a glimpse of joy."*

**3. When you're hurried you are less PRODUCTIVE.**

**Proverbs 21:5 (NIV)** *"The plans of the diligent lead to profit as surely as haste leads to poverty."*

**Proverbs 19:2 (NIV)** *"Desire without knowledge is not good—how much more will hasty feet miss the way!"*

**4. When you're hurried you can't HEAR God.**

**Psalms 46:10a (NIV)** *"Be still, and know that I am God."*

**HOW TO START SLOWING YOUR PACE...**

**S – STOP the constant push for more.**

Be CONTENT with who you are and what you have.

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

**COMPARING ruins contentment.**

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

**L – LEARN to say “No.”**

**Proverbs 20:25 (NIV)** *“It is a trap to dedicate something rashly and only later to consider one’s vows.”*

**It’s always easier to get IN than it is to get OUT.**

**O – OBEY the fourth commandment.**

**Exodus 20:8-10 (GNT)** *“Observe the Sabbath and keep it holy. <sup>9</sup>You have six days in which to do your work, <sup>10</sup>but the seventh day is a day of rest dedicated to Me. On that day no one is to work—neither you, your children, your slaves, your animals, nor the foreigners who live in your country.”*

**SABBATH simply means a day of rest.**

**Colossians 2:16 (NIV)** *“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.”*

**Use The Sabbath For Three Things...**

- **REST your body.**
- **RECHARGE your emotions.**
- **REFOCUS your spirit.**

**If you are too busy for GOD, you are too busy.**

**Psalms 127:2 (NIV)** *“In vain you rise early and stay up late, toiling for food to eat—for He grants sleep to those He loves.”*

**W – WAIT for God’s timing.**

**Impatience is basically a lack of TRUST in God.**

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

**Matthew 24:36 (NIV)** *“But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father.”*