

Slowing Down

SERIES: RUNNING ON EMPTY
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What The Bible Says About a "Hurried" Life:

* A Hurried Life: _____ My Stress.

Ecclesiastes 5:3 (Mes)

"Over-work makes for restless sleep."

* A Hurried Life: _____ My Joy.

Job 9:25 (NCV)

"My days go by faster than a runner; they fly away without my seeing any joy."

* A Hurried Life: Makes Me Less _____ .

Proverbs 21:5 (Mes)

"Careful planning puts you ahead in the long run; hurry and scurry puts you further behind."

* A Hurried Life: _____ Me From God.

Psalm 46:10 (NIV)

"Be still, and know that I am God."

Biblical Principles For Slowing Your Pace:

1. The Bible Teaches: Learn the Lesson of _____ .

Proverbs 23:4 (NIV)

"Do not wear yourself out to get rich; have the wisdom to show restraint."

Ecclesiastes 4:6 (TEV)

"It is better to have only a little, with peace of mind, than be busy all the time with both hands, trying to catch the wind."

***See also: Jeremiah 2:25**

Proverbs 14:30 (NLT)

"A relaxed attitude lengthens a man's life; jealousy rots it away."

2. The Bible Teaches: _____ .

James 1:19 (NIV)

"Everyone should be quick to listen, slow to speak and slow to become angry."

Ecclesiastes 5:2 (NIV)

"Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few."

***See Also: Proverbs 29:20 (NIV)**

3. The Bible Teaches: Obey _____ .

Exodus 20:9-10 (GN)

"You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me."

What Are The Three Sides of My Sabbath:

1. A True Sabbath: _____ My _____ .

2. A True Sabbath: _____ My _____ .

3. A True Sabbath: _____ My _____ .

Psalm 127:2 (Mes)

"It's 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?"

4. The Bible Teaches: _____ .
Before Deciding.

*See Also: **Proverbs 19:2 (NLT)**

Proverbs 19:2 (GW)

"A person in a hurry makes mistakes."

Proverbs 20:25 (Mes)

"An impulsive vow is a trap; later you'll wish you could get out of it."

What To Do When Faced With An Opportunity:

1. You Ask: _____ .

2. You Ask: _____ .

3. You Learn: _____ .

James 1:5 (GW)

"If any of you needs wisdom to know what you should do, you should ask God, and He will give it to you."

5. The Bible Teaches: _____ .

*See Also: **Ecclesiastes 3:11 (NCV)**

Habakkuk 2:3 (NLT)

"These things I plan won't happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, wait patiently, for it will surely take place. It will not be delayed."

Small Group Questions:

1. Discuss with your group the ways Jesus teaches us to Slow down. (See verses on this outline)
2. How do we often respond to a "Hurried Life"? How does Jesus encourage us to slow down our pace? (see verses above) What personal application can you make from this lesson?
3. Take time now to pray for the needs of your group.

ANSWER KEY:

Magnifies; Murders; Productive; Distances; Of Contentment; Listen Before Speaking; the Fourth Commandment; Rests; Body; Recharges; Emotions; Refocuses; Spirit; Pause and Pray; Is it Worth it; What Am I Going to Give Up; To Say No; Trust God's Timing