

SLOWING DOWN
When You're Running On Empty
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EFFECTS OF A HURRIED LIFESTYLE

- o **OVERWORK MAKES FOR RESTLESS SLEEP**
"Over-work makes for restless sleep." Eccl. 5:3 (Mes)

- o **WHEN I RUN AT A HIGH SPEED, I LOSE MY JOY**
"My days go by faster than a runner; they fly away without my seeing any joy."
Job 9:25 (NCV)

- o **I'M LESS PRODUCTIVE**
"Careful planning puts you ahead in the long run; hurry and scurry puts you further behind." Pr. 21:5 (Mes)

- o **I CAN'T HEAR GOD**
"Be still, and know that I am God." Psalm 46:10 (NIV)

WAYS TO SLOW YOUR PACE

1. **LEARN CONTENTMENT**
"Do not wear yourself out to get rich; have the wisdom to show restraint."
Pr. 23:4 (NIV)

"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." Eccl. 4:6 (TEV)

"Slow down. Take a deep breath. What's the hurry? Why wear yourself out? Just what are you after anyway? But you say, 'I can't help it. I'm addicted to (false) gods. I can't quit.'" Jer. 2:25 (Mes)

"A relaxed attitude lengthens a man's life; jealousy rots it away." Pr. 14:30 (NLT)

2. **YOU MUST LISTEN BEFORE SPEAKING**
"Everyone should be quick to listen, slow to speak and slow to become angry,"
James 1:19 (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." Eccl. 5:2 (NIV)

"Do you see a man who speaks in haste? There is more hope for a fool than for him." Pr. 29:20 (NIV)

3. **YOU OBEY THE FOURTH COMMANDMENT**

“You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me.” Ex. 20:9-10 (GN)

“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?” Psalm 127:2 (Mes)

4. **PAUSE AND PRAY BEFORE DECIDING**

“Zeal without knowledge is not good; a person who moves too quickly may go the wrong way.” Pr. 19:2 (NLT)

“A person in a hurry makes mistakes.” Pr. 19:2 (GW)

“An impulsive vow is a trap; later you'll wish you could get out of it.” Pr. 20:25 (Mes)

“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)

5. **TRUST GOD'S TIMING**

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

“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.” Hab. 2:3 (NLT)