

# SLOWING DOWN

## THE EFFECTS OF A HURRIED LIFESTYLE

1. When life gets hurried I feel more \_\_\_\_\_.

Song of Solomon 1:6 *I had no time to care for myself.*

2. When life gets hurried I lose my \_\_\_\_\_.

Proverbs 21:5 *Careful planning puts you ahead in the long run. Hurry and scurry puts you further behind.*

3. When life gets hurried I can't \_\_\_\_\_ God.

Psalms 46:10 *Be still and know that I am God.*

## FOUR PRINCIPLES FOR SLOWING OUR LIVES DOWN

- S - Stop the constant push for \_\_\_\_\_.

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

- L - Learn to say "\_\_\_\_\_."

Proverbs 20:25 *An impulsive vow is a trap. Later you wish you could get out of it.*

O - Obey the \_\_\_\_\_ commandment.

Exodus 20:9-10 *You have six days in which to do your work but the seventh day is a day of rest dedicated to Me.*

W - Wait for God's \_\_\_\_\_.

Ecclesiastes 3:11 *God does everything just right and on time but people can never completely understand what He's doing.*