

1 July 2007



Slowing Down

When Running on Empty!- Part 4

Effects of a Hurried Lifestyle:

1. I FEEL _____
2. I LOSE _____ (*Job 9:25*)
3. I AM _____
4. I CAN'T _____ (*Psalms 46:10*)

5 COUNTER-CULTURE CHANGES:

1. LEARN _____ (*Phil. 4:11, 1 Timothy 6:6-8*)

3 MAJOR MYTHS OF OUR CULTURE:

- * Having more will _____ (*Proverbs 23:4*)
 - * Doing more will _____ (*Ecclesiastes 4:6*)
 - * Life is a _____ (*Proverbs 14:30*)
2. YOU MUST _____ (*James 1:19, Proverbs 29:20*)
 3. YOU OBEY _____ (*Exodus 20:9-10*)
Rest my body – Recharge my emotions – Refocus my spirit
 4. _____ **BEFORE DECIDING** (*Prov. 19:2, 20:25*)
 5. TRUST _____ (*Ecclesiastes 3:11*)