

“SLOWING DOWN”

(Running on Empty)

- Introduction: Technology
1. Our world is smaller
 2. Our world is more complex
 3. Our world has _____.

THREE EFFECTS OF A HURRIED LIFESTYLE

1. YOU FEEL MORE _____.

Ecclesiastes 5:3 (The Message) “Over-work makes for restless sleep.”

- You are not the energizer _____.

2. YOU LOSE YOUR _____.

Job 9:25 (NEV) “My days go by faster than a runner’s; they fly away without my seeing any joy.”

- Travel by plane... by train... by car, or _____.

3. YOU CANNOT HEAR _____.

Psalms 46:10 (NIV) “Be still and know that I am God.”

- If you are never still, you will never _____.

THREE COUNTER-CULTURAL WAYS TO SLOW YOUR PACE

1. LEARN _____ (YOUR HEART)

Philippians 4:12 (The Message) “I’ve learned by now to be quite content whatever my circumstances.”

- You are discontented _____.
- You must _____ contentment.
- Two myths of our culture about contentment:
 1. _____ more will make me more _____.

Proverbs 23:4 (NIV) “do not wear yourself out to get rich; have the wisdom to show restraint.”

- First half of life: sacrifice _____ to get _____.
- Second half of life: Sacrifice _____ to get back _____.

2. _____ more will make me more _____.

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."

- American idols: status symbols

2. LISTEN BEFORE _____ (YOUR MOUTH)

James 1:19 (NIV) "Everyone should be quick to listen, slow to speak and slow to become angry."

- To control your anger: be quick to _____; slow to _____.
- Two ways people deal with their anger

1. A _____

2. A _____

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

3. PAUSE AND PRAY BEFORE _____ (YOUR MIND)

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

- Pause and pray means to simply ask _____?

James 1:5 (The Message) "If you don't know what you are doing, pray to the Father. He loves to help."

CONCLUSION: TRUST GOD'S _____.

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

- A delay is not a _____.
- Disciples wanted to talk _____.

Jesus talks _____

Matthew 24:14 (NIV) "¹⁴And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come."

- Slow down; stop complaining; learn to _____!