**S—L—O—W Down**

**Effects of a Hurried Lifestyle**

* **I FEEL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **I LOSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“…my days are swifter than a runner; they flee away, they see no good.”* Job 9:25

* **I AM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“The plans of the diligent lead surely to plenty, but those of everyone who is hasty, surely to poverty.”* Proverbs 21:5

* **I CAN’T \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“Be still, and know that I am God.”* Psalm 46:10

**HOW TO START SLOWING YOUR PACE**

**S- STOP \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“Better a handful with quietness than both hands full, together with toil…”* Ecclesiastes 4:6

*“A heart at peace gives life to the body, but envy rots the bones.”*  Proverbs 14:30

**L – LEARN \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“It is a trap for a man to dedicate something rashly and only later to consider his vows.”* Proverbs 20:25

**O – OBEY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God.”* Exodus 20:9-10

*“In vain you rise early and stay up late, toiling for food to eat for he grants sleep to those he loves.”*  Psalm 127:2

**W – WAIT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“He has made everything beautiful in its time…no one can find out the work that God does from beginning to end.”* Ecclesiastes 3:11

***“I have come that they may have life,***

***and that they may have it more abundantly.”***

**John 10:10**





S—l—o—w Down

Surviving the Season – Part 2

November 21, 2010