

LEARNING TO SLOW DOWN OVERLOADED

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MARGIN is **THE SPACE** I create between **My LOAD** and **My LIMITS**. **Margin** is having breathing room in your life. It's creating some reserves so you aren't running on empty all the time. You need margin in every area of your life. You need **physical margin** so you don't wear out; **spiritual margin** to defeat temptation and help others, **emotional margin** for relationships, **financial margin** to avoid the pressure of debt, and **time margin** in your schedule, so you are not always rushed and in a hurry and worn out . . . We'll look at each of these in this series.

HOW ALWAYS BEING IN A HURRY HURTS YOU

- **HURRY DECREASES MY** _____

"My days go by faster than a runner; they fly away without my seeing any joy."
Job 9:25 (NCV)

- **HURRY MAKES ME** _____ **PRODUCTIVE**

"Enthusiasm without knowledge is not good. If you act too quickly, you might make a mistake." **Proverbs 19:2 (NCV)**

MEMORY VERSE: *Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.*
Proverbs 21:5 (MSG)

• **HURRY _____ UP MY LOVE**

"If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing." **1 Corinthians 13:2 (NLT)**

• **HURRY KEEPS ME FROM _____ GOD**

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." **Psalms 46:10 (NIV)**

**WHAT YOU NEED TO LEARN TO SLOW YOUR PACE
FOR A HEALTHIER LIFE**

1. LEARN TO BE _____.

"I am not saying this because I am in need, for I have learned to be content whatever the circumstances." **Philippians 4:11 (NIV)**

"They say that anyone would be a fool to fold his hands and let himself starve to death. Perhaps so, but it is better to have only a little, with peace of mind, than to be busy all the time with both hands, trying to catch the wind." **Ecclesiastes 4:5-6 (GNB)**

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

2. LEARN TO TAKE A WEEKLY _____ DAY OF REST.

"You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God..." **Exodus 20:9-10 (NLT)**

THREE THINGS TO DO ON YOUR SABBATH

- ✓ I rest my body
- ✓ I recharge my emotions
- ✓ I refocus my spirit

3. LEARN TO TRUST IN GOD'S _____ TIMING.

"God has given them a desire to know the future. He does everything just right and on time, but people can never completely understand what he is doing."

Ecclesiastes 3:11 (NCV)

"But 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, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!"

Habakkuk 2:3 (LB)

"We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead." **2 Corinthians 1:8-9 (NLT)**

LORD HELP ME TO _____.

MY NEXT STEPS TODAY:

- I will memorize **Proverbs 21:5 (MSG)**
- I will accept Christ for the first time
- I will join the New Life church family
- I will sign up for the next baptism
- I will sign up for the next membership classes
- I will attend the rest of this sermon series
- I will practice the Sabbath
- I will practice trusting God's timing