

FROM BURNOUT TO BALANCE
Part 1 - "Slowing Down"

EFFECTS OF A HURRIED LIFESTYLE

1. I FEEL MORE STRESS

"I had no time to care for myself..." Song of Sol. 1:6 (GN)

2. I LOSE MY JOY

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

3. I AM LESS PRODUCTIVE

"Careful planning puts you ahead in the long run; hurry and scurry puts you further behind." Prov. 21:5 (Mes)

"A person in a hurry makes mistakes." Prov. 19:2b (GW)

4. I CAN'T HEAR GOD

"Be still, and know that I am God." Psalm 46:10 (NIV)

HOW TO START SLOWING YOUR PACE

1. STOP THE CONSTANT PUSH FOR MORE

"It is better to have only a little, with peace of mind, than be busy all the time..." Eccl. 4:6 (GN)

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

2. LEARN TO SAY NO

"An impulsive vow is a trap; later you'll wish you could get out of it." Prov. 20:25 (Mes)

3. OBEY THE FOURTH COMMANDMENT

"You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me." Ex. 20:9-10 (GN)

- rest my body

- recharge my emotions

- refocus my spirit

4. WAIT FOR GOD'S TIMING

"... God does everything just right and on time. But people can never completely understand what He is doing." Eccl. 3:11 (NCV)

"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, wait patiently, for it will surely take place. It will not be delayed." Hab. 2:3 (NLT)

"God, make a fresh start in me, shape a Genesis week from the chaos of my mind." Psalm 51:10 (Mes)