

**LEARNING TO SLOW DOWN**  
**Making Room for What Really Matters – Part 2 of 3**

**MARGIN:** The space I create between my **LOAD** and my **LIMITS**

**The Damaging Effects of Being in a Hurry:**

**KEY OBSERVATION #1:** Hurry causes me to ignore **SELF-CARE**

*“I had no time to care for myself. . .” Song of Solomon 1:6*

**KEY OBSERVATION #2:** Hurry decreases my **ENJOYMENT**

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

**KEY OBSERVATION #3:** Hurry makes me less **PRODUCTIVE**

*“A person in a hurry makes mistakes.” Proverbs 19:2b*

*“Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.” Proverbs 21:5*

- I can't keep charging without **RECHARGING**.

**KEY OBSERVATION #4:** Hurry causes me to cheat **RELATIONALLY**.

*“. . . without love I am no good to anybody.” 1 Corinthians 13:2*

**KEY OBSERVATION #5:** Hurry keeps me from **HEARING** God.

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

**Five Steps to Slow your Life to a Healthier Pace**

**STEP #1:** Learn to be **CONTENT**.

*“I have learned to be content whatever the circumstances.” Phil. 4:11*

*“It is better to have only a little, with peace of mind, than be busy all the time. . .” Ecclesiastes 4:6*

- **Key Questions:** Will **DOING** more make me happier? Will **HAVING** more make me happier?

*“A relaxed attitude lengthens a man's life, but jealousy rots it away.”*

*Proverbs 14:30*

**STEP #2:** Learn to say **“NO!”**

- What are you running **FROM** that makes you live without margin?

*“An impulsive vow is a trap; later you'll wish you could get out of it.”*

*Proverbs 20:25*

- It is always easier to get **IN** than it is to get **OUT**.

*“The grace of God that brings salvation has appeared to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” Titus 2:11-12*

**STEP #3:** Learn to take a weekly day of **REST**.

*“You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me.” Exodus 20:9-10*

*“Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace.” Matthew 11:29*

*“It's useless to rise early and go to bed late and work your worried fingers to the bone. Don't you know God enjoys giving rest to those He loves?” Psalm 127:2*

**STEP #4:** Learn to trust in God's perfect **TIMING**.

*“. . . God does everything just right and on time. But people can never completely understand what He is doing.” Ecclesiastes 3:11*

*“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*

*“We suffered so that we would stop trusting ourselves and learn to trust God, who brings the dead back to life.” 2 Corinthians 1:9*

**STEP #5:** Learn to use **LOVE** as our filter.

*“Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn’t love in order to get something from us but to give everything of himself to us. Love like that!”  
Ephesians 5:2*

*“Do everything in love.” 1 Corinthians 16:14*

**BEST QUESTION FOR LEARNING TO SLOW DOWN:** Is it **WISE**?

**Homework:** Ask yourself: In light of \_\_\_\_\_ is it wise?

*“God, make a fresh start in me, shape a Genesis week from the chaos of my mind.” Psalm 51:10*