

My Mind Won't Shut Off  
Ecclesiastes 2:22-23  
Living Healthy Week 3

*"What do people get for all the toil and anxious striving with which they labor under the sun? <sup>23</sup>All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless."* - Ecclesiastes 2:22-23 NIV

There is no such thing as \_\_\_\_\_ without \_\_\_\_\_.

You can't \_\_\_\_\_ your way to God.

You can't continue to \_\_\_\_\_ out if you don't \_\_\_\_\_ up.

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

*"Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness ..."* - Luke 4:1 NIV

*"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace."* - Matthew 6:6 MSG

#### Living Healthy Habits

- Seek God in His Word.
- Listen for what God says.
- Journal what God shows you.
- Reflect on His faithfulness.
- Worship Him for who He is and what He's done.
- Stay in His presence for as long as you can.

#### Digging Deeper & Life Application:

- Read Matthew 6:6 MSG... What are some reasons why Jesus might have given us these specific directions?
- How are you currently slowing down to connect with God, and what's one step you can take to create more space for Him in your day-to-day routine?