

Slow Down Spirituality | Part 5 | Relationship 1-30-2022

Week 1 - Slow down
Week 2 - Symbiosis
Week 3 - Process of Success
Week 4 - Worship
Week 5 - Relationships

Pastor Scott does a phenomenal job as always taking us on this journey and inviting us to slow down in several areas of our lives.

PERMISSION

Up until 2020 slowing down was a super foreign concept to me.

It wasn't a value. It was actually something that I aspired to avoid and I did a pretty good job.

I believed that the harder I worked

But then in 2020 for so many of us everything came to a screeching halt!

First and Foremost...

1. Slow down for relationships with God.

Communication is the key to every good relationship and our relationship with God is no different.

There is no substitute for alone time with God. Slowing down to be with God

I'm sorry to tell you but there is...

No podcast
No worship service
No Church service
No Conference
No Book
No Devotional
No conversation with a pastor, counselor, or mentor

That can do the same relationship cultivation the way getting alone with God yourself does.

Jesus set a pattern for us. It says in Luke

Luke 5:16

16 But Jesus often withdrew to lonely places and prayed.

Jesus himself NEEDED to withdraw often with God. JESUS couldn't make it through this life without OFTEN being ALONE with the Father.

One of the greatest gifts to our family during the season of COVID lockdown was more space. When we had that extra space we used it to create rhythms of family "God Time" and Family Sabbath like never before.

Soaping and processing with god

Relearning how to live and walk. Is this wisdom or is this fear. Slowing down with God and my heart. Strategically planning my day with the father.

Sabbath: A slow down gift from the father

Longing to rest!!!

Sept 29th 1929 was the last relaxed Sunday the citizens of the Soviet Union enjoyed for the next 11 years. Joseph Stalin, believed Sundays were a "genuine threat to the whirr and hum of industrial progress" Sundays were a waste of time and only stood in the way of world domination and progress, because the machines sat silent. Productivity was nonexistent, and people "retreated to the comforts thought to be contrary to the revolutionary ideal, like family life or religious practices."

7 day week was replaced with a "continuous working week"

Long story short: it failed miserably

Productivity actually fell. Families were disrupted beyond belief and most shocking result of all was it even proved damaging for the machines. Even they could not run every day all hours without failing.

Longing for my death bed.

God gave us the gift of sabbath!!

Block it out! Prepare for it! Like a holiday or a football game

So first and foremost we need to slow down with the Father

The practice of silence and solitude is another intentional way to pull away for an extended time of uninterrupted alone time with God.

Ruth Barton: Invitation to silence and solitude

If you have never heard of Silence & Solitude, it is a 24, 36, or 48 hr time period where you commit to totally unplugging from everything. Possibly going away and spending time hearing from God.

It can be terrifying at first but the more you do it the more you fall in love with uninterrupted time with a father that loves you, wants to heal you, encourage you, give your direction, process anything and everything with you and fully refresh your soul.

Nothing will build relationship with God like spending regular alone time with him.

So block it out. Prioritize it daily and then in intentional extended periods of time of withdrawal alone with him.

Well I could never make that happen. YES YOU CAN!! What...are you going to tell God when you get to heaven. Oh well I was just too busy or I could afford it. He will call all of our bluffs! Lets learn to prioritize the MOST important relationship.

2. Slow Down in relationships with people

With our closest relationship there is a BIG opponent to freedom that is commonly found.

That opponent to freedom is OFFENSE. It is important how we deal with offense:

Luke 17:1a

Then Jesus said to the disciples, "It is impossible that no offenses should come..."

OH NO!!!

Example of video call

God totally punking me out

Proverbs 12 :16-18

16 Fools show their annoyance at once, but the prudent overlook an insult. 17 An honest witness tells the truth, but a false witness tells lies. 18 The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Any time we are offended with each other its the enemies' playground.

Reckless ensues and destruction follows.

Offense leaves a wake of wounds and damage to repaid.

So how do we fight the invitation to offense?

That was an example of an invitation that was giving and me picking it up and it really influencing everything.

Understanding that the things people say don't always have everything to do with you. Some past event that has nothing to do with you could be motivating what they say and knowing that I have a choice on whether to accept the invitation to be offended. Just even knowing that I have the choice makes me feel like I have power instead of being the victim of offense.

Know I have a choice and I'm not a victim have power and it's not always fully about me

Become self aware of how you feel when your offended

This has helped me so much.

Stop, slow down, don't move if you have to.

James 1:19-20

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, **20** because human anger does not produce the righteousness that God desires.

Run!!!! From offense. It is absolutely the bait of satan. And a huge opponent to personal freedom and the ability for God to use relationships in your life to help bring freedom. So be aware and fight the invitation to be offended.

Ephesians 6:12

For our struggle is not against Flesh and blood, but against the authorities, against the powers of the dark world and against the spiritual forces of evil in the heavenly realms.

Taking time to slow down with people and slow down in conversations is such a valuable skill.

Going slow helps you navigate choppy emotional waters.

If you feel HOT STOP. I don't know about you but when there is a conflict or a challenge I want it to be fixed and fixed and over as fast as possible.

But sometimes the faster I try to move the worse it gets.

We need to become wise to this regular tool of the enemy and learn how to experience walk in freedom by responsibly handling offense in our relationships by slowing down.

Action step: Pick up a value for slowing down & prioritize the most important things