



“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.” **Ephesians 5:15-16** ESV

1. Hurry increases my _____ and decreases my _____.

FROM THE BIBLE: Job 9:25 and Ecclesiastes 4:6

2. Hurry can _____ my relationships with _____.

3. A hurried life can _____ my relationship with _____.

FROM THE BIBLE: Psalm 46:10

4. A hurried life robs me of _____ with _____.

5. An intimate relationship with God requires _____ and _____.

6. Jesus found value in retreating to the _____.

FROM THE BIBLE: Matthew 3:17 and Matthew 4:1

7. _____ needed the quiet places and so do _____.

FROM THE BIBLE: Mark 1:35-37, Mark 6:31-35, 45-47, and Luke 5:15-16

8. In seasons of busyness, we need _____ in the quiet place.

FROM THE BIBLE: Revelation 3:20 and Psalm 127:2

9. Our souls need a time of sabbath to _____, refocus and _____.

FROM THE BIBLE: Exodus 20:9-10