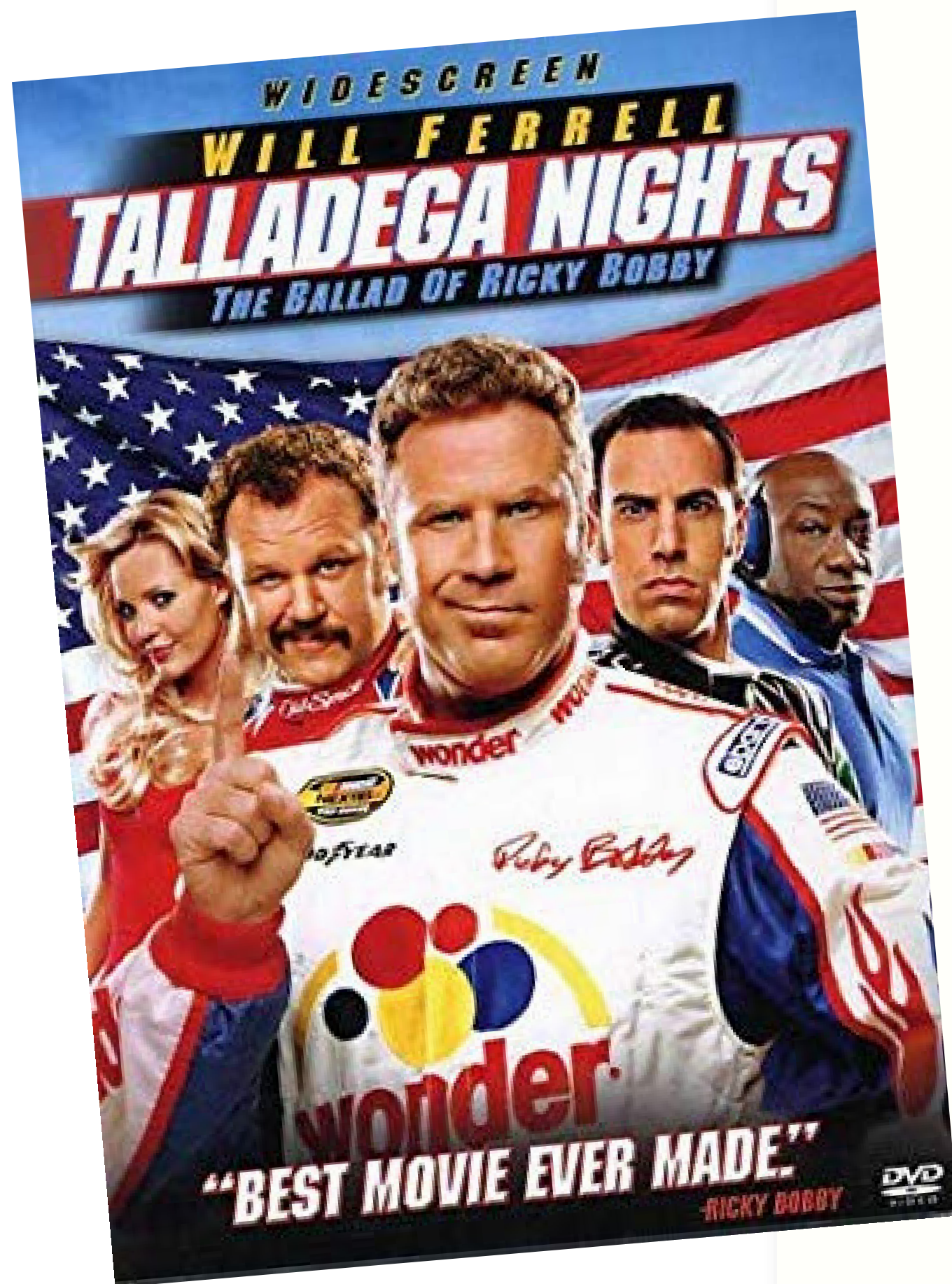


THE *Abundant* LIFE

Seven Habits of Spiritual Health

the discipline of

SLOWING



IF YOU
AIN'T **FIRST**
YOU'RE **LAST**

A serene sunset scene over a calm body of water. The sky transitions from a deep teal at the top to a warm orange near the horizon where the sun is setting. The water reflects the colors of the sky, with gentle waves visible in the foreground. On the right side, a dark silhouette of a coastline with trees and a small structure is visible. The overall mood is peaceful and contemplative.

**"I wanna go
FAST"**

Communication Advancements

- Letter
- Telegraph
- Old School Phone (operator)
- Wireless house hold phone
- Mobile phone
- Instant Messenger

A photograph of a sunset over the ocean. The sky is a gradient of orange, yellow, and teal. The water is dark with white foam from waves. A small boat is visible on the horizon to the left. A large, bold, white text overlay is centered in the image.

**We live in a
hurry sick
world**

A photograph of a sunset over the ocean. The sky is a gradient of orange, yellow, and teal. The sun is low on the horizon, creating a bright glow. The water is dark with some white foam from waves. A large white text overlay is centered on the image.

**“The smartphone has
the average employee
working eleven more
hours a week”**

A wide-angle photograph of a sunset over the ocean. The sky is a gradient of orange, yellow, and teal. The sun is low on the horizon, creating a bright glow. The water is dark with small waves. In the distance, a small boat is visible on the left, and a dark landmass is on the right. The text 'FASTER IS BETTER?' is overlaid in large, white, bold, sans-serif capital letters.

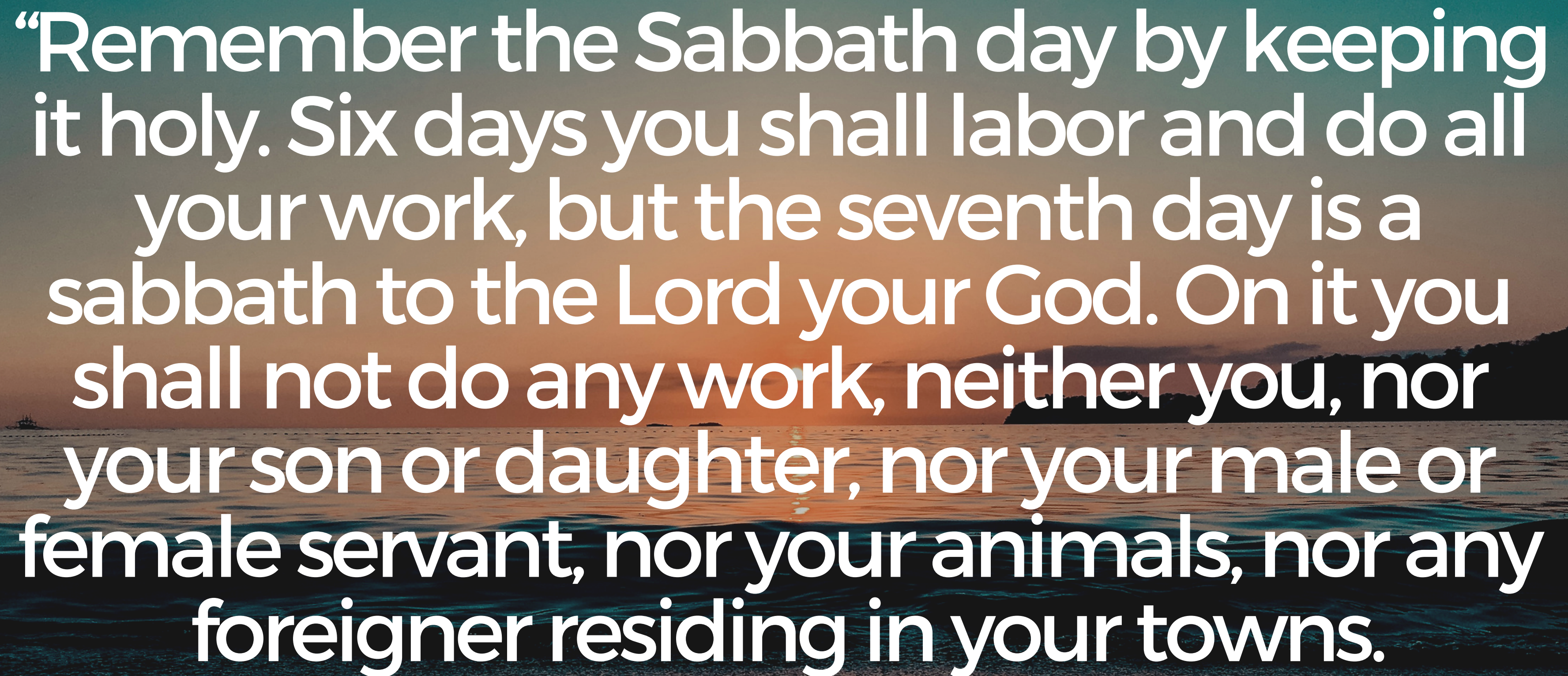
**FASTER IS
BETTER?**

Signs you've caught the hurry disease

- Feeling like there isn't enough time
- Hurrying when travelling
- Always working on something
- Using time on toilet to catch up
- Can't sit and do nothing
- Frustrated by waiting

A serene sunset scene over a calm body of water. The sun is low on the horizon, casting a warm orange glow across the sky and reflecting on the water's surface. A small boat is visible on the horizon to the left. The overall mood is peaceful and contemplative.

**Be still and know
that I am God**
Psalms 46:10

A serene sunset scene over a body of water. The sky transitions from a deep teal at the top to a warm orange near the horizon. The water reflects the colors of the sky, with gentle ripples visible. In the distance, dark silhouettes of hills or mountains are visible against the horizon. The overall mood is peaceful and contemplative.

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

Exodus 20:8-10

A serene sunset scene over a calm body of water. The sun is a bright orange orb on the horizon, casting a long, shimmering reflection across the water's surface. The sky transitions from a deep orange near the horizon to a soft, hazy blue at the top. In the foreground, dark, gentle waves lap at a dark, silty beach. The overall mood is peaceful and contemplative.

Luke 10:38-42



God says
slow down



There is
enough time

A serene sunset scene over a calm body of water. The sky transitions from a deep teal at the top to a warm orange near the horizon. The sun is partially obscured by the horizon, creating a bright glow and reflecting its light across the water's surface. Gentle waves are visible in the foreground, and a small, distant boat can be seen on the left side of the horizon.

**“Hurry is a
disordered Heart”**

- John Ortberg

A serene sunset scene over a body of water. The sky transitions from a deep teal at the top to a warm orange near the horizon. The water reflects the colors of the sky, with gentle ripples visible. In the distance, a small boat is visible on the left, and a dark shoreline with trees is on the right. The quote is centered in the upper half of the image.

**“We must
ruthlessly
eliminate hurry
from our lives”**

- Dallas Willard

Choose Slow

- Get up early and don't add plans
- Take the long route
- Take time Reevaluate your commitments
- Solitude time or retreat
- Time without technology
- Extended catch up with friend or family
- Sabbath rest (24hours)

The Slow Challenge

Intentionally go slow this week by picking one of the below

- Get up early and don't add plans
- Take the long route
- Take time Reevaluate your commitments
- Solitude time or retreat
- Time without technology
- Extended catch up with friend or family
- Sabbath rest (24hours)

