

Rat Race

Slowing Down

April 12, 2026

Rat Race Results:

1. I feel more **Stress!**

Song of Solomon 1:6b (NLT)

⁶ My brothers were angry with me; they forced me to care for their vineyards, so I couldn't care for myself—my own vineyard.

Rat Race Results:

2. I lose my **joy.**

Job 9:25 (NIV)

²⁵ “My days are swifter than a runner; they fly away without a glimpse of joy.

Happiness – often dictated by your emotion and life's circumstances.

Joy is lasting when we are centered on Christ and obedient to His will and way.

Ephesians 3:19 (NLT)

¹⁹ May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Rat Race Results:

3. I am less **productive.**

“Do a few things well, instead of many things mediocre.” –

Andy Stanley

Proverbs 21:5 (The Message)

⁵ Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.

Rat Race Results:

4. I can't **hear** God.

Psalm 46:10 (NLT)

¹⁰ “Be still, and know that I am God!

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Here are Four Starting points to SLOW down.

S – Stop the constant push for more.

The starting point is...

- Learning to be **content** with who you are and what you have.

Ecclesiastes 4:6 (NIV)

⁶ Better one handful with tranquility than two handfuls with toil and chasing after the wind.

The starting point is...

- Stop **comparing** yourself with others.

Proverbs 14:30 (NLT)

³⁰ A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

L – Learn to say “no”.

Proverbs 20:25 (NIV)

²⁵ It is a trap to dedicate something rashly and only later to consider one’s vows.

- Don’t **promise** without **pondering**.
- Don’t **decide** without **deliberating**.
- **Carefully** and **prayerfully** make your commitments.

O – Obey the fourth commandment.

Exodus 20:8-10a (NLT)

⁸ “Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God.

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Sabbath means a day of rest.

What do you do on your Sabbath?

- To **rest** your body.
- **Recharge** your emotions.
- **Refocus** your spirit.

DD – Divert Daily

WW – Withdraw Weekly

AA – Abandon Annually

W – Wait for God’s timing.

Ecclesiastes 3:11 (NLT)

¹¹Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God’s work from beginning to end.

Our responsibility is to **trust God** and
obey His Word for our lives each day!