

ADULTING
EPISODE 4
GROWING BY SLOWING

2 Peter 3:18 You must grow in the grace and knowledge of our Lord and Savior Jesus Christ.
All glory to him, both now and forever! Amen.

Psalm 46:10 “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

1. Prioritize time in God’s presence.

Psalm 63:1 O God, You *are* my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water.

Psalm 122:1 I was glad when they said to me, “Let us go to the house of the LORD.”

2. Tune out to tune in.

Psalm 46:9–10 (The Message) “Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything.”

3. Welcome times of waiting.

Psalm 37:7 Be still in the presence of the LORD, and wait patiently for him to act. . .

Isaiah 40:31 But those who wait on the LORD Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

4. Meditate on what matters most.

Psalm 1:1–3 Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the LORD, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

Psalm 145:5 I will meditate on your majestic, glorious splendor and your wonderful miracles.

5. Pause often for prayer, praise, and thanksgiving.

1 Thessalonians 5:16–18 Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.