

**THE VALUE OF SLOWING DOWN**  
**Faith in a Busy World, Pt.2**  
**May 24, 2026**

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."(NIV)

**To slow down...**

**Commit to** \_\_\_\_\_ .

**Come to** \_\_\_\_\_ .

Psalms 23:1 The LORD is my shepherd, I lack nothing. 2. He makes me lie down in green pastures, he leads me beside quiet waters, 3. he refreshes my soul.(NIV)

John 19:28-30

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."(NIV)

**Adopt** \_\_\_\_\_ .

Mark 1:35

Matthew 11:29

**Learn how to** \_\_\_\_\_ .

1 Peter 2:23

1 Peter 5:5