

CHILL: Slow Down!

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Effects Of A Hurried Life

...I had no time to care for myself. Song of Solomon 1:6 (TEV)

My days go by faster than a runner; they fly away without my seeing any joy. Job 9:25 (NCV)

Careful planning puts you ahead in the long run; hurry and scurry puts you further behind. Proverbs 21:5 (Msg)

Be still, and know that I am God. Psalm 46:10 (NIV)

S.L.O.W. Down

Stop _____

It is better to have only a little, with peace of mind, than be busy all the time... Ecclesiastes 4:6 (TEV)

A relaxed attitude lengthens a man's life; jealousy rots it away. Proverbs 14:30 (NLT)

Learn _____

An impulsive vow is a trap; later you'll wish you could get out of it. Proverbs 20:25 (Msg)

Obey _____

You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me. Exodus 20:9-10 (TEV)

It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know God enjoys giving rest to those He loves? Psalm 127:2 (Msg)

Wait _____

...God does everything just right and on time. But people can never completely understand what He is doing. Ecclesiastes 3:11 (NCV)

These things I plan won't happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, wait patiently, for it will surely take place. It will not be delayed. Habakkuk 2:3 (NLT)

God, make a fresh start in me, shape a Genesis week from the chaos of my mind. Psalm 51:10 (Msg)

My Next Steps:

Memorize Psalm 46:10

Read & Meditate On: Luke 13:10-17

I Will S.L.O.W. Down

Me-Specific Next Steps: