

RESTORING BALANCE TO OVERLOADED LIVES

Enjoying God's Reign by Releasing Heavy Loads

RESOLVING TO SLOW DOWN

Defusing the Effects of a Hurried Lifestyle

(April 26th)

REBUILDING MARGINS INTO YOUR LIFE

Benefiting from Adding Margin into Your Life

(May 3rd)

REFILLING YOUR EMOTIONAL RESERVIOR

Writing Biblical Prescriptions for Depleted Emotional Resources

(May 10th)

RENOUNCING LIES THAT KEEP YOU BUSY

Telling Yourself the Truth About Overdoing It

(May 17th)

FLAG OF MY FATHER

A Memorial Day Message and Choir Cantata *(May 24th)*

REFOCUSING YOUR LIFE

Discovering Pentecost's Purpose to Restoring Margins

(May 31st)

REWORKING YOUR WORK

Making Your Work Work for You

(June 7th)

REFUELING YOUR SOUL

Being Filled with the Fullness of Christ's Love and Power

(June 14th)

RESPECTING YOUR BODY

Taking Good Care of God's Gift to You

(June 21st)

RESOLVING TO SLOW DOWN Defusing the Effects of a Hurried Lifestyle

April 26, 2009

SW301

INTRODUCTION

In Your Bible:

Matthew 11:28-30

(Page 966 in the Pew Bible)

The Effects of a Hurried Lifestyle:

1. YOU FEEL _____

Song of Songs 1:6 (GN)

I had **no time to care for myself...**

2. YOU LOSE _____

Job 9:25 (NCV)

My days go by **faster than a runner**; they fly away
without my seeing any joy.

3. YOU ARE _____

Proverbs 21:5

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

4. YOU CAN'T _____

Psalms 46:10

Be still and know that I am God.

I. **START** _____

verse 28a:

“Come to Me, all you who are weary and burdened...”

Isaiah 53:4-5 (NLT)

Yet it was **our weaknesses he carried**; it was our sorrows that **weighed him down**. And we thought his troubles were a punishment from God for his own sins! 5 But he was wounded and crushed for our sins. He was beaten **that we might have peace**. He was whipped, and **we were healed!**

Psalm 68:19

Praise be to the Lord, to God our Savior,
who **daily bears our burdens**.

Psalm 17:15

And I — in righteousness I will see your face;
when I awake, **I will be satisfied** with seeing your likeness.

II. **LEARN** _____

Verse 29a:

“Take My yoke upon you and learn from Me...”

Proverbs 20:25 (The Message)

An **impulsive vow is a trap**;
later you’ll wish you could get out of it.

III. **OBSERVE** _____

verse 28b,29c:

*“...and I will give you rest...and you will find rest
for your souls.”*

Exodus 20:9-10 (GN)

You have six days in which to do your work, but the seventh day is
a day of rest dedicated to Me.

Psalm 127:2 (The Message)

It is useless to rise early and go to bed late, and work your worried
fingers to the bone. Don’t you know that **God enjoys giving rest
to those He loves?**

IV. **WAIT** _____

Verse 29b,30:

*“...for I am gentle and humble in heart...for My yoke
is easy and My burden is light.”*

Ecclesiastes 3:11 (NCV)

God does everything **just right and on time...**

Habakkuk 2:3 (NLT)

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.

CONCLUSION