

SLOWING DOWN

When You're Running On Empty Part 3

EFFECTS OF A HURRIED LIFESTYLE

o _____
"Over-work makes for restless sleep." Ecclesiastes 5:3 (Mes)

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

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

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

WAYS TO SLOW YOUR PACE

1. _____
"Do not wear yourself out to get rich; have the wisdom to show restraint." Proverbs 23:4 (NIV)

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

"Slow down. Take a deep breath. What's the hurry? Why wear yourself out? Just what are you after anyway? But you say, 'I can't help it. I'm addicted to (false) gods. I can't quit.'
Jeremiah 2:25 (Mes)

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

2. _____
"Everyone should be quick to listen, slow to speak and slow to become angry," James 1:19 (NIV)
"Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few." Ecclesiastes 5:2 (NIV)
"Do you see a man who speaks in haste? There is more hope for a fool than for him." Proverbs 29:20 (NIV)

3. _____
"Zeal without knowledge is not good; a person who moves too quickly may go the wrong way." Proverbs 19:2 (NLT)
"A person in a hurry makes mistakes." Proverbs 19:2 (GW)
"An impulsive vow is a trap; later you'll wish you could get out of it." Proverbs 20:25 (Mes)

"If any of you needs wisdom to know what you should do, you should ask God, and He will give it to you." James 1:5 (GW)

4. _____
"...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)