

Making Space – Part 3
Slowing Down
07/21/2019

- Making Space
- Slowing Down
- What three words describe the last three months of your life?
- Busy
- Exhausting
- Tiring
- Overwhelming
- Swamped
- Peaceful
- Restful
- Calm
- Our to-do list is more important than our rest and our peace
- Prioritize

Matt. 6:33-34 (ESV) But seek first the kingdom of God and his righteousness, and all these things will be added to you. "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

- Margin is the space between my load and my limits

5 Ways Margin Helps:

Margin Decreases My **STRESS**.

Song of Solomon 1:6 (GNT) "I have no time to care for myself."

Margin Increases my **JOY**.

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

Margin Increases my **PRODUCTIVITY**.

Proverbs 19:2b (GW) "A person in a hurry makes mistakes."

Margin increases my **CARE**.

1 Cor. 13:4 (NIV) Love is patient

Margin allows me to **HEAR** from God.

Psalms 46:10 (NIV) "Be still and know that I am God."

How to Slow Down:

1st) **PRIORITIZE.**

Matt. 6:33a (ESV) But seek first the kingdom of God and his righteousness,

- Put God first in your life

Jer. 29:13 (NIV) "You will seek me and find me when you seek me with all your heart"

2nd) Allow "things" to be a **BY-PRODUCT.**

Matt. 6:33b (ESV) and all these things will be added to you.

Matt. 6:25 (ESV) Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

- Trust
- Learn to trust in God's perfect timing

Matt. 6:26 (ESV) Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

- Enjoy the process of life
- Learn to be in the moment

3rd) Take life one day at a **TIME.**

Matt. 6:34 (ESV) "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself.

- I try to take life 1 day at a time but lately several days have attacked me at once.
- Discontentment

Phil. 4:11b (NIV) "I have learned to be content whatever the circumstances."

- We are not naturally content
- Contentment can be learned
- You have to stop your constant push for more
- Understand your motivations
- As long as you confuse your worth with your work, you're going to be hurried and overloaded

Col. 2:10 (NIV) and in Christ you have been brought to fullness

- The starting point in having a healthier pace in life is to be content with who you are and what you have.

Ecclesiastes 4:6 (NCV) I say it is better to be content with what little you have. Otherwise, you will always be struggling for more, and that is like chasing the wind.

Proverbs 14:30 "A relaxed attitude lengthens a man's life, but jealousy rots it away."

4th) Don't be surprised by ADVERSITY.

Matt. 6:34b (ESV) Sufficient for the day is its own trouble.

- Life is full of adversity

John 4:10 (LB) "If you only knew what a wonderful gift God has for you, and who I am, you would ask me for some living water!"

John 4:16-18 (NIV) He told her, "Go, call your husband and come back." "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

- Here's a person familiar with adversity

John 4:25-26 (NIV) The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." Then Jesus declared, "I, the one speaking to you—I am he."

- Jesus didn't condemn her - He only pointed her in the right direction
- Jesus doesn't give us what we want, he offers us what we need
- She came for a drink and he points out the dryness of her soul
- She came for refreshment - He offers her restoration
- Jesus doesn't stop adversity in our lives, in fact, he at times causes more.
- But he offers himself to get us through it.
- It's the difference between grasping for comfort and beholding the glory of God

Psalms 23 (NKJV) The Lord is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the [c]still waters. 3 He restores my soul; He leads me in the paths of righteousness For His name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. 6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.