

LEARNING TO SLOW DOWN Creating Spaces for Greatness

MARGIN is **THE SPACE** I create between My **LOAD** and My **LIMITS**. Margin is having breathing room in your life. It is creating some reserves, so you are not running on empty all the time.

HOW ALWAYS BEING IN A HURRY HURTS YOU

- HURRY **INCREASES STRESS**

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

- HURRY **DECREASES MY JOY**

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

- HURRY **MAKES ME LESS PRODUCTIVE**

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

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

- HURRY **DRIES UP MY LOVE**

“... without love I am no good to anybody.” 1 Corinthians 13:2

- HURRY **KEEPS ME FROM HEARING GOD**

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

WHAT YOU NEED TO LEARN TO SLOW YOUR PACE TO CREATE SPACES FOR GREATNESS

1. LEARN TO BE CONTENT

“... I have learned to be *content* whatever the circumstances.” Philippians 4:11 (NIV)

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

“A *relaxed attitude* lengthens a man’s life but *jealousy* rots it away.” Proverbs 14:30

2. LEARN TO SAY NO

“An *impulsive vow* is a trap; later you’ll wish you could get out of it.” Proverbs 20:25 (MSG)

“The *grace of God* that brings salvation has appeared to all people. *It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.*” Titus 2:11-12

3. LEARN TO TAKE A WEEKLY SABBATH DAY OF REST

“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 (GNT; TEV)

Jesus: “Walk with me and work with me - watch how I do it. *Learn the unforced rhythms of grace.*” Matthew 11:29 (MSG)

“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)

4. LEARN TO TRUST GOD’S PERFECT TIMING

“... *[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; TLB)

“... We suffered so that we would stop trusting ourselves *and learn to trust God*, who brings the dead back to life.” 2 Corinthians 1:9 (GW)

5. LEARN TO USE LOVE AS YOUR FILTER

“Mostly what God does is love you. Keep company with him and *learn a life of love*. Observe how Christ loved us. His love was not cautious but extravagant. He didn’t love in order to get something from us but to give everything of himself to us. Love like that!” Ephesians 5:2 (MSG)

“Do everything in love.” 1 Corinthians 16:14 (NCV)

ASK: WHAT IS THE _____ “God, make a fresh start in me, shape a Genesis week from the chaos of my *[mind]*.” Psalm 51:10 (MSG)

