Running on Empty:
4– Slow down! You're going too fast!

USA Today: “Today people are souped up, stressed out, and over scheduled. In this brave new world boundaries between work and family are disappearing. Everybody is mobile and every moment is scheduled.”

Four Negative Effects of a Hurried Lifestyle:
1st– I am more ________________.
   - Psalm 39:6 We are merely moving shadows, and all our busy rushing ends in nothing. NLT

2nd– I am less ________________.
   - Job 9:25–26 My days race by, not one of them good. My life passes like the swiftest boat, as fast as an eagle swooping down on a rabbit. TEV
   - Proverbs 15:15 ...happy people always enjoy life. TEV

3rd– I am less ________________.
   - Proverbs 21:5 The plans of people who work hard succeed. You can be sure that those in a hurry will become poor. NIRV

4th– I am less ____________________.
Psalm 46:10 “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” NIV

Psalm 1:1-3 Blessed is the man ... whose delight is in the law of the LORD, and on His law He meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. NIV

Steps for Slowing down Your Life:
1– I will ________________________________.

Philippians 4:11–13 “I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.” NIV

1 Timothy 6:6–8 Godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. NIV

Two myths that keep people from slowing down:
“Having more will make me truly happy.”
“Doing more will make me more worthy.”