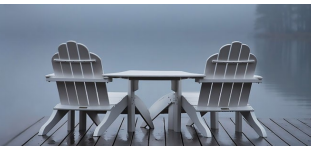


just breathe



Learning to Slow Down

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BEING IN A HURRY CAN HURT YOU!

- Hurry increases my _____.
...I had no time to care for myself. Song of Solomon 1:6
- Hurry decreases my _____.
My life passes more swiftly than a runner. It flees away without a glimpse of happiness. Job 9:25
- Hurry makes me less _____.
Enthusiasm without knowledge is no good; haste makes mistakes. Proverbs 19:2
The plans of the diligent certainly lead to profit, but anyone who is reckless only becomes poor. Proverbs 21:5
- Hurry dries up my _____.
...I would be nothing, unless I loved others. 1 Corinthians 13:2
- Hurry keeps me from _____.
Be still and know that I am God. Psalm 46:10

LEARNING TO SLOW DOWN

- Learn to be _____.
...for I have learned to be content in whatever circumstances I am. Philippians 4:11
- Learn to say _____!
An impulsive vow is a trap; later you'll wish you could get out of it. Proverbs 20:25

For the grace of God has appeared, with salvation for all people, instructing us to deny godlessness and worldly lusts and to live in a sensible, righteous, and godly way in the present age. Titus 2:11-12

- Learn to take a weekly _____ 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
 - I rest my _____.
 - I recharge my _____.
 - I refocus my _____.
- Learn to trust in God's _____.
God has made everything appropriate in its time. He has also put eternity in their hearts, but man cannot discover the work God has done from beginning to end. Ecclesiastes 3:11
At the time I have decided, My words will come true. You can trust what I say about the future. It may take a long time, but keep on waiting – it will happen! Habakkuk 2:3
- Learn to use _____ as your filter .
...and walk in love, as the Messiah also loved us and gave Himself for us, a sacrificial and fragrant offering to God. Ephesians 5:2

Your every action must be done with love. 1 Corinthians 16:14

Memory Verse

I am able to do all things through Christ who strengthens me.
Philippians 4:13

Next Steps

- I will surrender all the pieces of my life to God so that I might discover His peace.
- I will seek God's wisdom so that I can learn to slow my life down.
- I will surrender my schedule and plans to God inviting Him to be the Lord of all.