



Fellowship of Grace

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## Slowing Down

***“When I live a rushed lifestyle . . .”***

1. I feel more stress (*Ecclesiastes 5:3*)
2. I lose joy in my life (*Job 9:25*)
3. I’m actually less productive (*Proverbs 21:5*)
4. I struggle connecting to God (*Psalms 46:10*)

***Ways to slow our lifestyle down:***

1. Learn how to be content (*Philippians 4:11, 1Timothy 6:6-8, Proverbs 14:30*)
2. Listen before speaking (*James 1:19-20, Proverbs 29:20*)
3. Take a Sabbath (*Genesis 2:2-3, Exodus 20:8-10a, Mark 2:27*)
4. Pause and pray before moving forward  
(*Proverbs 19:2, Luke 14:28*)
5. Trust God’s timing (*Ecclesiastes 3:1*)