

**SLOWING DOWN**  
**#SermonSlowDown**  
**When You're Running On Empty Part 2**  
**Dr. Mark Jackson, April 15, 2018**

**Jeremiah 2:25 Slow down.** Take a deep breath. What's the hurry? Why wear yourself out? Just what are you after anyway? But you say, "I can't help it. I'm addicted... I can't quit." (MSG)

**Effects of a hurried lifestyle**

- **I FEEL MORE EXHAUSTED** - Psa. 6:2
- **I LOSE MY JOY** - Job 9:25
- **I AM LESS PRODUCTIVE** - Pro. 21:5
- **I CAN'T HEAR GOD** - Psa. 46:10

**Ways to Slow Your Pace**

**1. LEARN CONTENTMENT**

**Psalms 131:2** I am **content** and at peace. As a child lies quietly in its mother's arms, so my **heart** is quiet within me. (TEV)

**Proverbs 23:4** Do not wear yourself out to get rich; have the wisdom to **show restraint**. (NIV)

**1 Peter 2:4** Come to the Lord, the living stone **rejected by people** as worthless but **chosen by God as valuable**. (TEV)

**2. LISTEN BEFORE SPEAKING**

**Ecclesiastes 5:2** **Do not be quick with your mouth**, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so **let your words be few**. (NIV)

**Proverbs 29:20** Do you see a man who **speaks in haste**? There is more hope for a fool than for him. (NIV)

**3. OBEY THE FOURTH COMMANDMENT**

**Exodus 20:9-10a** You have six days in which to do your work, <sup>10</sup> but the seventh day is **a day of rest** dedicated to Me... (TEV)

**Colossians 3:2** Don't shuffle along, eyes to the ground, **absorbed with the things**

**right in front of you.** Look up, and be alert to what is going on around Christ—that's where the action is. **See things from his perspective.** (MSG)

#### **4. PAUSE AND PRAY BEFORE DECIDING**

**Proverbs 19:2** Enthusiasm without knowledge is not good. **If you act too quickly, you might make a mistake.** (NCV)

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

#### **5. TRUST GOD'S TIMING**

**Ecclesiastes 3:11** ...**God does everything just right and on time**, but people can never completely understand what He is doing. (NCV)

**Habakkuk 2:3** 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. (NLT)

**Psalms 31:14-15a** But I **trusted in**, **relied on**, and was **confident in** You, O Lord; I said, You are my God. <sup>15</sup> **My times are in Your hands...** (AMP)