



TODAY'S SERMON OUTLINE

S.L.O.W. | SLOW DOWN

April 28, 2024 | Psalm 46:10

REVIEW

Ask yourself the following questions from the message and the scripture of **Psalms 46:10**:

- What do You want me to know?
- What do You want me to do?
- Go Together: Share with someone so you can explore what God is doing with each other. Then pray together and encourage each other to follow through.

REFLECT

1. What was your one take away from the message?
2. How would you rate the hurry and busyness in your own life on scale from 1 to 10?
3. What would it look like to "ruthlessly eliminate hurry" from your life?

RELATE

1. **Problem: John 10:10a, 1 Peter 5:8, Revelation 12:10** – What type of relationship do you have with time, your calendar, or tasks? Are you constantly running from appointment to appointment? Is there any space in your life to be interrupted or to love? How do you really feel about the pace of your life?
2. **Trying: Matthew 6:34, 5:48, Galatians 5:16-24** – When you read those passages, how has trying really hard helped you not worry, be anxious, or be patient? How do you think you will achieve things like love, joy, peace, or kindness? What steps do you need to take in order to see this happen?
3. **Training: Mark 1-3** – When you read this passage how would you handle these interruptions? How do you think Jesus handled them so well? Seriously think about what practices you need to implement into your life to slow down life and be more interruptible? Write them down and make a plan to start.
4. **Guard: Proverbs 4:23, Galatians 5:16-18** – How can you specifically guard against a hurried life? When it comes to your time, calendar, work, hobbies, and overall distractions. What are some safeguards you can put into place in order to not be overwhelmed by your own life?
5. **Guide: Ephesians 3:14-21** – The hurried life is incompatible with the spiritual life. If you truly want to live a life in Christ then it will take practice on your part. How can you guide yourself into a slowed spirituality?

PRACTICE

This week attempt to practice the following four challenges:

1. Whenever you look at your wristband take a deep breath and say "Be still and know that He is God."
2. Ensure you have a statement ready in case anyone asks what your wristband means. Example "It is a reminder for me to slow down my life to spend more time with Jesus."
3. Give something up this week, not forever but for the next several weeks. (Ex. News, social media, watching sports, streaming television) Give up something in order to create more space in your life to commune with God. Can you find another hour in your day by giving up other activities?
4. Get into a community. If you have one great. If not, please contact Eric or the church and let's see how we can get you connected.

For more exercises around the practice of meditation visit ohbejoyfulchurch.org/slow
