

SLOW DOWN

Because so many people were coming and going that [the apostles] did not even have a chance to eat, [Jesus] said to them, Come with me by yourselves to a quiet place and get some rest. So they went away by themselves in a boat to a solitary place. MARK 6:31-32

In Western culture we are taught that time is money! Stop burning daylight! Get-err done! Cram more in! School sports and events! Take work home! Breakfast, lunch and dinners for profit! Forget about dinner at home grab a quick burger in route! Getting caught up in that intense pace can be rewarding! It's exciting when the adrenaline starts to flow and you get on a roll. But it leaves precious little time for quiet moments with God and others! In order to appreciate the rewards of time with God, spouse, children, friends and our church family we have to slow down just a bit.

“Learn To Let Go Of Good...Things That Don't Matter.”

Recently I talked to someone who has a very stressful job and is also working on an advanced degree. I don't think they were aware of what they were revealing about their situation but here is what I heard them say; they were having anxiety, fear, panic attacks, hope deferred issues, financial issues and yet when I suggested that they find a way to unplug and smell the roses they said ya, yup, I know and with glazed over eyes the suggestion just rolled off like water on the back of a duck!

In Combat Soldiers Call This The “Thousand Yard Stare.” It Can Only Be Remedied By A Period Of R&R (Rest / Relaxation).

In the midst of a week of stress, Kris and I took a day and here is what we did: had morning coffee on the patio and just talked, then went for a walk by the river stopping at a tea shop for more R&R drinking 2 cups of gourmet tea each. Walked back and drove home, got the dog went to a park sat in chairs, ate sandwiches and walked the dog together. Drove home, made a light dinner and both of us were so relaxed and refreshed we couldn't keep our eyes open, went to bed early and woke refreshed the next morning. The entire day cost less than \$15.00.

APPLICATION: Write out your daily schedule. What could you prune from it in order to slow down and have some quiet moments with God, spouse, family, friends and???? Learn to let go of good...things that don't matter. There's an old saying; “He who doesn't' toot his own horn won't have it tooted!” It's up to you....God won't do this for you!