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❖ **SERMON NOTES** ❖

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Sunday, April 26, 2009

**“LIVING AT THE SPEED OF LIFE”**

(Mark 6:30-31)

Today we are introducing a new series called “*Living at the Speed of Life*.” The series will address all sorts of issues relating to life, family, marriage, children, and the challenges that go with making the important things important.

**What happens when life gets hurried?**

1. When life gets hurried, I feel \_\_\_\_\_.
2. When life gets hurried, I also \_\_\_\_\_.
3. When life gets hurried, I can't \_\_\_\_\_.

**How Can We Slow Down in a Hurried World?**

1. S – Stop the constant \_\_\_\_\_.  
(Philippians 4:11, NIV).
2. L - Learn to \_\_\_\_\_.  
(Matthew 16:23, NIV).
3. O - Obey the \_\_\_\_\_.  
(Exodus 20:9-10, NLT).
4. W - Wait for \_\_\_\_\_.  
(Isaiah 40:31, NLT).

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**“LIVING AT THE SPEED OF LIFE”**

(Mark 6:30-31)

*“Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up on a mountainside to pray”*

*“The crowd rebuked them and told them to be quiet, but they shouted all the louder, ‘Lord, Son of David, have mercy on us!’ Jesus stopped and called them. ‘What do you want me to do for you?’ he asked” (Matthew 20:30-32, NIV).*

**1. When life gets hurried, I feel more stress.**

*“I couldn’t take care for myself” (Song of Solomon 1:6, NLT).*

**2. When life gets hurried, I also lose my joy.**

*“My days go by faster than a runner. They fly away without my seeing any joy” (Job 9:25, NCV).*

**3. When life gets hurried, I can’t hear God.**

*“Be still and know that I am God” (Psalm 46:10, NIV).*

**1. S –Stop the constant push for more.**

*“I have learned to be content whatever the circumstances” (Philippians 4:11, NIV).*

*“A peaceful heart leads to a healthy body; jealousy is like cancer in the bones” (Proverbs 14:30, NLT).*

**2. L - Learn to say “No”.**

*“An impulsive vow is a trap; later you’ll wish you could get out of it” (Proverbs 20:25, NLT).*

*“You do not have in mind the things of God, but the things of men”*  
(Matthew 16:23, NIV).

**3. O - Obey the fourth commandment.**

*“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God”* (Exodus 20:9-10, NLT).

**4. W - Wait for God’s timing.**

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future”*  
(Jeremiah 29:11, NIV).

*“But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint”* Isaiah 40:31, NLT).