

BUILDING IN BREATHING ROOM

Escaping the Chaos – Part 2

Pastor Paul Westbrook

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Mark 1:35-39

OBEY _____.

“Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work,...”

Exodus 20:9, 10 (NIV)

HOW TO START SLOWING OUR PACE

Psalm 46:10

STOP _____.

Colossians 2:16,17

“A heart at peace gives life to the body, but envy rots the bones.”
Proverbs 14:30 (NIV)

Hebrews 13:5

WAIT _____.

“I wait for the Lord, my soul waits, and in his word I put my hope.”
Psalm 130:5 (NIV)

LIMIT _____.

Psalm 27:14; 33:20,21; Isaiah 40:31

“It is a trap for a man to dedicate something rashly and only later to consider his vows.” Proverbs 20:25 (NIV)