

SPEED LIMIT: Limiting Our Speed

Road Signs...For Life – Part 1

Pastor Paul Westbrook

June 10 & 11, 2006

EFFECTS OF A HIGH SPEED LIFESTYLE

● **I FEEL** _____.

"...I had no time to care for myself..." Song of Solomon 1:6 (GN)

● **I LOSE** _____.

"My days go by faster than a runner; they fly away without my seeing any joy."
Job 9:25 (NCV)

● **I AM LESS** _____.

"Careful planning puts you ahead in the long run; hurry and scurry puts you further behind." Proverbs 21:5 (Mes)

"A person in a hurry makes mistakes." Proverbs 19:2b (GW)

● **I CAN'T** _____.

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

HOW TO START SLOWING DOWN

1. **STOP THE CONSTANT** _____.

"...it is better to have only a little, with peace of mind, than be busy all the time..." Ecclesiastes 4:6 (GN)

"A relaxed attitude lengthens life; jealousy rots it away." Proverbs 14:30 (NLT)

2. **LEARN TO** _____.

Mark 1:35-39

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

3. **PACE** _____.

"You have six days in which to do your work, but the seventh day is a day of rest dedicated to me." Exodus 20:9,10 (GN)

4. **CREATE WAYS TO** _____.

"It is useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know God enjoys giving rest to those he loves?"
Psalm 127:2 (Mes)

"Only someone too stupid to find his way home would wear himself out with work." Ecclesiastes 10:15 (GN)

● **Do** _____ **and** _____ **more.**

"But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint." Isaiah 41:31 (NLT)