



**God does not want us to live a life of hurry.** Hurry often happens when we insist on relying on our own strength and knowledge. It occurs when we feel God's way is simply too slow and we try to hurry Him along. We step out of His ancient paths in an effort to achieve our objectives--faster.

This week practice the Spiritual Discipline of Slowing. Read the Scriptures and journal what God is teaching you about the need for slowing and rest in your life.

day one

**Scripture:** Exodus 20:8-11, Isaiah 56:2, 6-7

**Journal:** What is God teaching you about slowing and Sabbath?

## day two

**Scripture:** Hebrews 4:1-11

**Journal:** Write what God is teaching you about rest. Thank Him that we can rest in Christ's death and resurrection and that we do not have to strive for our salvation:

## day three

**Scripture:** Matthew 11:28-30

**Journal:** Examine your activities. Take an hour to list all your activities and your family's activities that involve your time. Prayerfully ask the Lord where you have stepped out of the yoke He has planned for you and tried to do things on your own.

## day four

**Scripture:** Jeremiah 6:16

**Journal:** What is God teaching you about slowing and rest? How can you build margin into your day?

## day five

**Scripture:** Psalm 116:7, Psalm 127:2

**Journal:** What is God teaching you about slowing and rest?