

# The Good Life

*Week 3 - Slowing Down*

*"They are unable to relax and enjoy anything they've worked for." – Job 20:18 (Message)*

*"One day a week will always serve as a reminder that I made the heavens and the earth in six days, and then, on the seventh day, I rested and relaxed!" – Exodus 31:17 (Message)*

*"The Lord is my shepherd, I have everything I need. He makes me lie down in green pastures, and he leads me beside quiet waters." – Psalm 23:1-2*

## **Five Reasons People Overwork:**

1. \_\_\_\_\_.

*"Only someone too stupid to find his way home would wear himself out with work!" – Ecc. 10:15*

2. \_\_\_\_\_.

*"Do not wear yourself out trying to get rich; Have the wisdom to show some restraint! Your money can be gone in a flash, as if it had grown wings and flown away like an eagle." – Proverbs 23:4-5*

3. \_\_\_\_\_.

*"I've learned why people work so hard, why they work so hard to succeed; it is because they envy the things their neighbor has." – Ecclesiastes 4:4 (TEV)*

4. \_\_\_\_\_.

*"Here's another thing that I've seen on earth that makes no sense: Some people don't have any kids or family or even friends, yet they work obsessively, never taking a break. There's no end to their toil and they're never content with what they've done or earned. "They never ask, 'Why am I always wanting more?' What a senseless way to live! You're better off having someone to enjoy and share the rewards of your work." – Ecclesiastes 4:7-9 (MES/CEV)*

5. \_\_\_\_\_.

*"We work to feed our appetites, but meanwhile our souls go hungry." – Ecclesiastes 6:7*

*"It is senseless, senseless for you to work so hard from early morning until late at night, fearing and worrying that you won't have enough, for God wants His loved ones to get their proper rest." – Psalm 127:2*

*"The Lord is my shepherd, I will lack nothing. I have everything I need. He makes me lie down in green pastures, and he will lead me beside still waters." – Psalm 23:1-2*

## **Five antidotes:**

1. \_\_\_\_\_.

*"God decided to give us life, through the word of truth, so that we might be, the most important of everything God has created." – James 1:18 (LB)*

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*"I have engraved you on the palms of my hands."* – Isaiah 49:16 (GW)

2. \_\_\_\_\_.

*"I've learned the secret of being content in any and every situation, whether I am well fed or hungry, whether I'm living in plenty or in want. I can do everything through him who gives me strength."* – Philippians 4:12-13

*"A little food eaten in peace is far better than having twice as much earned from overwork and chasing the wind."* – Ecclesiastes 4:6

*"All of us should... enjoy what we have worked for. It is God's gift."* – Ecclesiastes 3:13 (CEV)

3. \_\_\_\_\_.

*"Work the first six days of the week but rest and relax on the seventh day."* – Exodus 23:12 (TEV)

*"The law is not only for you, but also for your animals as well as everyone else, including foreigners among you."* – Exodus 23:12 (TEV)

*"You have six days in which to do your work, but the seventh day is to be a day of complete rest, complete rest dedicated to Me."* – Exodus 20:9-10 (TEV)

*"The Sabbath was made to benefit man."* – Mark 2:27

**Three things that should happen on your Sabbath:**

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- \_\_\_\_\_.
- \_\_\_\_\_.

*"A relaxed attitude lengthens your life; envy rots it away."* – Proverbs 14:30

4. \_\_\_\_\_.

*"What good is it, what good is it for a man to gain the whole world, and yet forfeit his soul?"* – Mark 8:36

5. \_\_\_\_\_.

*"The Lord is my Shepherd; he makes me lay down in green pastures."* – Psalm 23:1-2

*"Look at the birds in the air. They don't plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth so much more than the birds. You can't add any time to your life by worrying about it. And why do you worry about anything else? Look at the beauty of the wildflowers in the field... they don't worry or overwork... but God takes care of them, so you can be sure that he will clothe you too."* – Matthew 6:26-30 (NIV)

*"Are you tired? Are you worn out? Are you burned out? Come to me! Get away with me, and you'll recover your life. And I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."* – Matthew 11:28-30 (MSG)

*"It's senseless for you to work so hard from early morning until late at night, fearing you won't have enough, for God wants his loved ones to get their proper rest."* – Psalm 127:2

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