

DOWN TIME #2 – Wind Down

Sermon by Bill Johnston

November 12, 2017

CONCEPT 1: S _____

CONCEPT 2: S _____

This is about the _____ of life

Example of _____:

1 Kings 17:1-16, 1 Kings 18:20-21, 1 Kings 18:36-38

The intensity of life often impacts you internally, in two ways:

1) F _____, 1 Kings 19:1-3a

2) D _____, 1 Kings 19:4, 9

The main indicator is feeling completely _____

CONSEQUENCES IF YOU DON'T WIND DOWN

1. _____ 2. _____

3. _____ 4. _____ 5. _____

6. _____ 7. _____

Words of Wisdom: Wind down before you _____

What is necessary is _____

Mark 6:31

RESULTS WHEN YOU DO WIND DOWN

1. YOUR DISPOSITION BECOMES _____

2. YOUR PERSPECTIVE IS _____

3. YOUR SPIRIT IS _____ (Proverbs 25:13, Jeremiah 31:25a)

4. YOUR FAITH IS _____

TAKE-AWAY: INTENSITY OF LIFE ASSESSMENT

Determine if the intensity of your life is _____

Determine the _____ of the intensity of your life

Decide the _____ you need to take in order to wind down

Begin to _____ your decision today

Keep Calm and Word Search On



OVERWHELMED
SUSTAINABILITY
RELAXATION
PALMERSTON
DEPRESSION
EXHAUSTION

ELIJAH
IMPACT
FEAR
JESUS
BUNJEE
REVIVED

ANXIETY
TENSION
BURNOUT
RENEWED
ESCAPISM
PARAKEET

INTENSITY
SERATONIN
DEPLETION
REFRESHED
EMERGENCY
EMOTIONAL

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CONCEPT 1: SUSCEPTIBILITY

CONCEPT 2: SUSTAINABILITY

This is about the intensity of life

Example of _____:

1 Kings 17:1-16 Now Elijah, who was from Tishbe in Gilead, told King Ahab, “As surely as the Lord, the God of Israel, lives—the God I serve—there will be no dew or rain during the next few years until I give the word!”

Then the Lord said to Elijah, “Go to the east and hide by Kerith Brook, near where it enters the Jordan River. Drink from the brook and eat what the ravens bring you, for I have commanded them to bring you food.”

So Elijah did as the Lord told him and camped beside Kerith Brook, east of the Jordan. The ravens brought him bread and meat each morning and evening, and he drank from the brook. But after a while the brook dried up, for there was no rainfall anywhere in the land.

Then the Lord said to Elijah, “Go and live in the village of Zarephath, near the city of Sidon. I have instructed a widow there to feed you.”

So he went to Zarephath. As he arrived at the gates of the village, he saw a widow gathering sticks, and he asked her, “Would you please bring me a little water in a cup?” As she was going to get it, he called to her, “Bring me a bite of bread, too.”

But she said, “I swear by the Lord your God that I don’t have a single piece of bread in the house. And I have only a handful of flour left in the jar and a little cooking oil in the bottom of the jug. I was just gathering a few sticks to cook this last meal, and then my son and I will die.”

But Elijah said to her, “Don’t be afraid! Go ahead and do just what you’ve said, but make a little bread for me first. Then use what’s left to prepare a meal for yourself and your son. For this is what the Lord, the God of Israel, says: There will always be flour and olive oil left in your containers until the time when the Lord sends rain and the crops grow again!”

So she did as Elijah said, and she and Elijah and her family continued to eat for many days. There was always enough flour and olive oil left in the containers, just as the Lord had promised through Elijah.

1 Kings 18:20-21 So Ahab summoned all the people of Israel and the prophets to Mount Carmel. Then Elijah stood in front of them and said, “How much longer will you waver, hobbling between two opinions? If the Lord is God, follow him! But if Baal is God, then follow him!” But the people were completely silent.

1 Kings 18:36-38 At the usual time for offering the evening sacrifice, Elijah the prophet walked up to the altar and prayed, “O Lord, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant. Prove that I have done all this at your command. O Lord, answer me! Answer me so these people will know that you, O Lord, are God and that you have brought them back to yourself.” Immediately the fire of the Lord flashed down from heaven and burned up the young bull, the wood, the stones, and the dust. It even licked up all the water in the

trench! And when all the people saw it, they fell face down on the ground and cried out, “The Lord—he is God! Yes, the Lord is God!”

1 Kings 18: 44b-46 Then Elijah shouted, “Hurry to Ahab and tell him, ‘Climb into your chariot and go back home. If you don’t hurry, the rain will stop you!’” And soon the sky was black with clouds. A heavy wind brought a terrific rainstorm, and Ahab left quickly for Jezreel. Then the Lord gave special strength to Elijah. He tucked his cloak into his belt and ran ahead of Ahab’s chariot all the way to the entrance of Jezreel.

The intensity of life often impacts you internally, in two ways:

1) Fear, 1 Kings 19:1-3a When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”

Elijah was afraid and fled for his life

2) Depression, 1 Kings 19:4, 9 Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.” ...There he came to a cave, where he spent the night. But the Lord said to him, “What are you doing here, Elijah?”

The main indicator is feeling completely overwhelmed

CONSEQUENCES IF YOU DON’T WIND DOWN

1. BONE WEARYING TENSION
2. PERSISTENT TIREDNESS
3. DEPLETION
4. ESCAPISM
5. ANXIETY
6. EMOTIONAL/NERVOUS BREAKDOWN
7. BURNOUT

Words of Wisdom: Wind down before you melt down

What is necessary is relaxation

Mark 6:31 Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

RESULTS WHEN YOU DO WIND DOWN

1. YOUR DISPOSITION BECOMES RELAXED
2. YOUR PERSPECTIVE IS RENEWED
3. YOUR SPIRIT IS REFRESHED
Proverbs 25:13 Trustworthy messengers refresh like snow in summer. They revive the spirit of their employer.
Jeremiah 31:25a For I have given rest to the weary...
4. YOUR FAITH IS REVIVED

TAKE-AWAY: INTENSITY OF LIFE ASSESSMENT

Determine if the intensity of your life is sustainable

Determine the impact of the intensity of your life

Decide the first step you need to take in order to wind down

Begin to apply your decision today

DOWN TIME #2 – Wind Down

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Icebreaker/Introduction

The 'Keep Calm and Word Search On' activity is meant to be a simple, relaxing exercise. But perhaps you should ask if it actually may be stressful for some. Give as much time as you like to this, though most won't be able to finish it that quickly.

Ask if there was anything from this week's message that stood out – either a point that was made which really resonated with them, or perhaps a question or difficulty that came up for them.

One of Bill's main themes in the message was that we battle against the intensity of life by finding ways to relax. What kinds of things do you find relaxing?

CONCEPT 1: SUSCEPTIBILITY

CONCEPT 2: SUSTAINABILITY

This is about the intensity of life

If you remember the previous message, how does this one differ? What are some similarities or cross over? What is the difference between slowing down (last week) and winding down (this week)? Compare/contrast other concepts: the speed of life vs. the intensity of life, speed of life affecting us physically vs. intensity of life affecting us mentally/emotionally

Bill used the example of Skippy the parakeet to illustrate how a number of things can happen to increase the intensity of life? Can you identify with this? Are there situations when it isn't necessarily the accumulation of many difficulties but one major event that can also cause this intensity? (example: a serious health crisis)

Bill pointed out that this intensity of life will affect us internally or emotionally. How in touch are you with your emotions? Are you able to recognize when you are emotionally drained or sensitive?

Example of Elijah:

Focuses on 1 Kings 17:1-16, 1 Kings 18:20-21, 1 Kings 18:36-38

Bill said 'if we don't do something to wind down the intensity of life it can leave us an emotional wreck,' hiding in a cave like Elijah and closing ourselves off. Have you (or someone close to you) experienced this?

Bill highlighted how Elijah went from fearlessness (eg. facing down the prophets of Baal) to great fear (running from Jezebel) Discuss Bill's statement that 'we are more susceptible to fear when our emotional reserves are depleted'. Do you agree? What else are we susceptible to?

The intensity of life often impacts you internally, in two ways:

- 1) Fear, 1 Kings 19:1-3a
- 2) Depression, 1 Kings 19:4, 9

The main indicator is feeling completely overwhelmed

When have you felt overwhelmed in your life?

CONSEQUENCES IF YOU DON'T WIND DOWN

1. BONE WEARYING TENSION
2. PERSISTENT TIREDNESS
3. DEPLETION
4. ESCAPISM
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6. EMOTIONAL/NERVOUS BREAKDOWN
7. BURNOUT

Under Persistent Tiredness (#2) Bill said that when you are weary on a mental/emotional level that sleep won't help. Have you found this to be true?

What is the difference between Escapism (#4) and relaxing? We often talk of escaping from things (trips, books, films) but when is it unhealthy (ie. escapism)? [when an obsession? when used to avoid facing difficulties?]

Words of Wisdom: Wind down before you melt down

What is necessary is relaxation

Focuses on Mark 6:31

What are some examples of relaxing? (Bill mentioned hobbies, a change of pace, pleasurable recreation, getaways, saying no).

Bill said that people today often aren't sure how to relax or what it even means? Do you see that in yourself or in those around you?

Bill emphasized that we need to 'replenish our system'. What kinds of things do this for you?

Read Mark 6:31. What does it mean to you that even Jesus had to take time to get away?

RESULTS WHEN YOU DO WIND DOWN

1. YOUR DISPOSITION BECOMES RELAXED
2. YOUR PERSPECTIVE IS RENEWED
3. YOUR SPIRIT IS REFRESHED
4. YOUR FAITH IS REVIVED

Proverbs 25:13, Jeremiah 31:25a

Who do you know who seems to always be 'relaxed'? Do you think they are actually relaxed or just good at hiding their anxiety? Who do you know that you would describe as an 'intense' person?

Do you recognize these results when you have intentionally 'wound down' your life? Does one result stand out above the others?

TAKE-AWAY: INTENSITY OF LIFE ASSESSMENT

Determine if the intensity of your life is sustainable

Determine the impact of the intensity of your life

Decide the first step you need to take in order to wind down

Begin to apply your decision today

How do you measure your life's intensity? (look at if you're experiencing the consequences listed above?)

What practical steps can you take to apply this message to your life? Are the 2 basic choices between decreasing the intensity or increasing your relaxation? What control do we have (if any) over the intensity of our lives? What is one relaxing thing you could do this week to help relieve the intensity in your life?