

DOWN TIME #1 – Slow Down

Sermon by Bill Johnston

November 5, 2017

CONCEPT 1: S _____

CONCEPT 2: S _____

This is about the _____ of life

The speed or pace of life often impacts you _____

The main indicator is _____

Mark 6:30-31, 2 Kings 9:16-20

CONSEQUENCES IF YOU DON'T SLOW DOWN

1. _____

1 Samuel 14:24-31

2. _____

Words of wisdom: slow down before you _____

What is necessary is _____

3 REALITIES OF A FAST PACE AND 3 RESULTS OF SLOWING DOWN

1. REALITY: The faster the speed of life, the greater the strain on the body
RESULT: Your body _____ from the constant tension and strain

2. REALITY: The faster the speed of life, the less of life you see

RESULT: You begin to _____

Matthew 13:1

3. REALITY: The faster the speed of life, the slower the growth of relationships

RESULT: You begin to appreciate the _____ again

TAKE-AWAY: SPEED OF LIFE ASSESSMENT

Determine if the pace of your life is _____ by susceptibility or sustainability

Determine the _____ of the speed of your life (physically, emotionally, relationally)

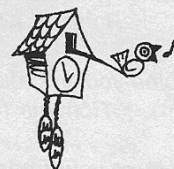
Decide the _____ you need to take in order to slow down

Begin to _____ your decision today

Jeremiah 6:16 This is what the Lord says: "Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls..."

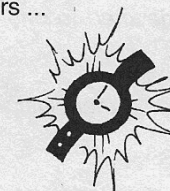
Time Will Tell

We all seem so busy. If only we had a little more time! How do you feel about time? Do you have enough time? Do you feel rushed? Are you bored? Which one of the images below best describes your feelings about time? Choose the one which fits you and share your answers with the group. Your group might choose to try and guess each other's answers ...



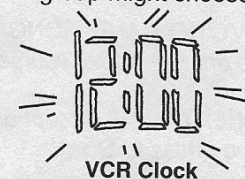
Cuckoo Clock

My schedule drives me crazy! You should see my daily calendar!



Indigo

I keep such late hours my timepiece has to glow in the dark.



VCR Clock

I can't seem to figure out this time thing. I need help!



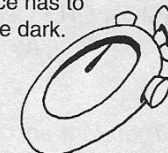
Sundial

I'm not into schedules. Looking at the sun is close enough for me.



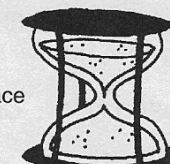
Big Ben

Getting places on time is central to my life. I'm always hearing alarm buzzes and bells.



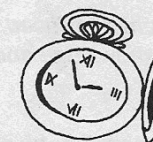
Stopwatch

My life seems like a race against the clock. Faster! Faster!!



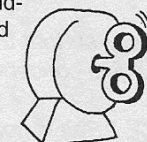
Hour Glass

My schedule is very structured. My time is measured in tiny pieces.



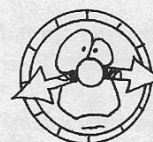
Pocket Watch

My attitude toward time is old-fashioned, early to bed and early to rise.



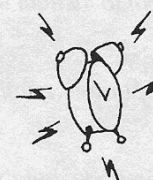
Wind-up Clock

I'm so busy I have to be careful I don't wind down!



Toy Clock

My kids are my clock. I plan my day according to their schedule.



Annoying Alarm Clock

Clocks and I don't get along very well. They make me grumpy.



Dashboard Clock

I spend so much time on the road that I drive in my sleep.

DOWN TIME #1 – Slow Down

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CONCEPT 1: SUSCEPTIBILITY

CONCEPT 2: SUSTAINABILITY

This is about the speed of life

The speed or pace of life often impacts you physically

The main indicator is non-stop activity

Mark 6:30-31 The apostles returned to Jesus from their ministry tour and told him all they had done and taught. 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.

2 Kings 9:16-20 Then Jehu got into a chariot and rode to Jezreel to find King Joram, who was lying there wounded. King Ahaziah of Judah was there, too, for he had gone to visit him. The watchman on the tower of Jezreel saw Jehu and his company approaching, so he shouted to Joram, “I see a company of troops coming!”

“Send out a rider to ask if they are coming in peace,” King Joram ordered. So a horseman went out to meet Jehu and said, “The king wants to know if you are coming in peace.”

Jehu replied, “What do you know about peace? Fall in behind me!”

The watchman called out to the king, “The messenger has met them, but he’s not returning.”

So the king sent out a second horseman. He rode up to them and said, “The king wants to know if you come in peace.”

Again Jehu answered, “What do you know about peace? Fall in behind me!”

The watchman exclaimed, “The messenger has met them, but he isn’t returning either! It must be Jehu son of Nimshi, for he’s driving like a madman.”

CONSEQUENCES IF YOU DON’T SLOW DOWN

1. PHYSICAL EXHAUSTION

1 Samuel 14:24-31 Now the men of Israel were pressed to exhaustion that day, because Saul had placed them under an oath, saying, “Let a curse fall on anyone who eats before evening—before I have full revenge on my enemies.” So no one ate anything all day, even though they had all found honeycomb on the ground in the forest. They didn’t dare touch the honey because they all feared the oath they had taken.

But Jonathan had not heard his father’s command, and he dipped the end of his stick into a piece of honeycomb and ate the honey. After he had eaten it, he felt refreshed. But one of the men saw him and said, “Your father made the army take a strict oath that anyone who eats food today will be cursed. That is why everyone is weary and faint.”

“My father has made trouble for us all!” Jonathan exclaimed. “A command like that only hurts us. See how refreshed I am now that I have eaten this little bit of honey. If the men had been allowed to eat freely from the food

they found among our enemies, think how many more Philistines we could have killed!” They chased and killed the Philistines all day from Micmash to Aijalon, growing more and more faint.

2. PREMATURE AGING

Words of wisdom: slow down before you break down

What is necessary is retardation

3 REALITIES OF A FAST PACE AND 3 RESULTS OF SLOWING DOWN

1. REALITY: The faster the speed of life, the greater the strain on the body

RESULT: Your body finds relief from the constant tension and strain

2. REALITY: The faster the speed of life, the less of life you see

RESULT: You begin to regain perspective

Matthew 13:1 Later that same day Jesus left the house and sat beside the lake.

3. REALITY: The faster the speed of life, the slower the growth of our relationships

RESULT: You begin to appreciate the value of people again

TAKE-AWAY: SPEED OF LIFE ASSESSMENT

Determine if the pace of your life is marked by susceptibility or sustainability

Determine the impact of the speed of your life (physically, emotionally, relationally)

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

Begin to apply your decision today

Jeremiah 6:16 This is what the Lord says: “Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls...”

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Icebreaker/Introduction

The 'Time Will Tell' 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.

Bill shared that this series seems appropriate with the upcoming Christmas season approaching. Is that typically a busy time for you? Are there other times of the year that are especially busy? How do these impact your life?

CONCEPT 1: SUSCEPTIBILITY

CONCEPT 2: SUSTAINABILITY

This is about the speed of life The speed or pace of life often impacts you physically The main indicator is non-stop activity
Focuses on Mark 6:30-31, 2 Kings 9:16-20

Bill said that we decide, mainly, the speed of our life. Would you agree? Are there some things that affect the speed of our lives over which we don't have control?

Bill pointed out that some people don't seem to know how to slow down, or perhaps don't want to. Why might this be?

People would seem to agree that having a certain amount of drive is important? When does it become negative? How do the words (Bill used) like passion, commitment, enthusiasm, or zeal fit into this idea?

CONSEQUENCES IF YOU DON'T SLOW DOWN

1. PHYSICAL EXHAUSTION

Focuses on 1 Samuel 14:24-31

When have you experienced physical exhaustion?

Have you ever gone without food for an extended period of time? Have you practised fasting?

2. PREMATURE AGING

Words of wisdom: slow down before you break down

What is necessary is retardation

Do you know anyone whom you think has shown signs of premature aging? Can you attribute any reasons to it?

What are your thoughts about the word 'retardation'? Can we overcome negative connotations to it?

Bill mentioned that he has no problem taking time off because he considers it a healthy thing to do. What are some other healthy choices we can make in our lives to help us slow down?

3 REALITIES OF A FAST PACE AND 3 RESULTS OF SLOWING DOWN

1. REALITY: The faster the speed of life, the greater the strain on the body

RESULT: Your body finds relief from the constant tension and strain

How do you find refreshment (Bill mentioned for him it includes places he can go, people he can be with, books he can read)

Recall Psalm 46:10. How easy or difficult do you find it to 'be still'? Do you think personality (for example, introverts vs. extraverts) plays a role in how naturally this comes?

2. REALITY: The faster the speed of life, the less of life you see

RESULT: You begin to regain perspective

Focuses on Matthew 13:1

Bill pointed out that when you slow down then you are able to see the beauty and detail around you more clearly. When was there a time in your life when you experienced this? Was it a major event that caused things to shift for you?

Have you ever followed Jesus' example and left the house to sit beside a lake (or something similar)?

Bill said "I do weird things (for example his interest in trains) but it's refreshing for me." Can you identify with this statement?

3. REALITY: The faster the speed of life, the slower the growth of our relationships

RESULT: You begin to appreciate the value of people again

In considering your life would you agree that when we are less stressed are relationships are better? Can you think of something specific that happens in your relationships when you are under stress?

What is one small (or big) thing you could do that would make improvements in one relationship?

TAKE-AWAY: SPEED OF LIFE ASSESSMENT

Determine if the pace of your life is marked by susceptibility or sustainability

Determine the impact of the speed of your life (physically, emotionally, relationally)

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

Begin to apply your decision today

Focuses on Jeremiah 6:16

How do we measure the speed of our life? Can you maintain your present pace? What can you practically change in order to slow it down?

Bill said that there's something wrong if the busyness of the (Christmas) season gets in the way of family. How do we navigate this?

Isn't it true that some (much? most?) of the busyness is because of family? Can some of our many tasks be acts of devotion? How?

Discuss the statement Bill quoted from N.T. Wright: "Slow down and catch up with God."