

Points To Remember

DATE: September 23, 2007
TITLE: "Put the Brakes On"
TEXT: Selected Scriptures
SERIES: *Overwhelmed!*
SPEAKER: Pastor Bill Thompson

INTRODUCTION

Effects of a Hurried Lifestyle

1. You feel more _____.
2. Your _____ suffer.
3. You feel _____ from God.

Psalm 46:10, *"Be still and know that I am God."*

I. LEARN TO BE _____.

"...for I have learned to be content whatever the circumstances...I have learned the secret of being content in any and every situation." **Philippians 4:11-13**

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◇ Contentment does not come _____ to us.

◇ The fact that contentment is _____ implies change.

Two cultural lies keeping us from being content:

- ① Having _____ will make me more happy.
- ② Doing _____ will make me more worthy.

II. LEARN TO _____.

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God..." **Exodus 20:8-11**

1. Rest your _____.
2. Recharge your _____.
3. Refocus your _____.

CONCLUSION

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." **Matthew 11:28-29**