

TOO BLESSED TO BE STRESSED...

By Busyness

Psalm 23 (Pew Bible Page 392)

*"It is senseless for you to work so hard from early morning until late at night...
God wants his loved ones to get their proper rest."
Psalm 127:2 (LB)*

Unwind God's Way

*"He makes me lie down in green pastures,
he leads me beside quiet waters."
Psalm 23:2*

These images represent

REST and **REFRESHMENT**

God's Way to R.E.L.A.X.

R. Realize **MY WORTH**

*"God decided to give us life through the word of truth so we
might be the most important of all the things He made."
James 1:18 (NCV)*

*"...your heavenly Father feeds the sparrows. And you
are far more valuable to him than they are."
Matthew 6:26 (LB)*

God says *"I have engraved you on the palm of my hands."
Isaiah 49:16*

E. Enjoy **WHAT I ALREADY HAVE**

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

*"It is better to have only a little, with peace of mind,
than be busy all the time..
Ecclesiastes 4:6*

L. Limit MY LABOR

*"Only someone too stupid to find his way home
would wear himself out with work."*

Ecclesiastes 10:15 (GN)

*"You have six days in which to do your work,
but the 7th day is to be a day of rest dedicated to Me."*

Exodus 20:9-10

"Sabbath" means: **DAY OR REST**

"The Sabbath was made to benefit man..."

Mark 2:27

A. Adjust MY VALUES

*"I've learned why people work so hard to succeed;
it is because they envy the things their neighbors have."*

Ecclesiastes 4:4 (GN)

*"What good is it for a man to gain the whole world,
yet forfeit his soul?"*

Mark 8:36

X. Exchange MY PRESSURE FOR GOD'S PEACE

Jesus: *"Come to me, all of you who are tired and have heavy loads,
and I will give you rest...the load I give you is light."*

Matthew 11:28-29 (NCV)

Too busy to R.E.L.A.X.?

The time to relax is when you
