

SUSTAINABLE, SIMPLE, SANE:

God's Solution for Overwhelm

Part 2 - Downtime

Stress and Joy Cannot Beat in the Same Heart at the Same Time

WHY DON'T WE LIVE SIMPLE LIVES:

1. We don't want to miss the 'good life'

2. The need to keep up

"...give me neither poverty nor riches! Give me just enough to satisfy my needs."
Proverbs 30:8 NLT

"So then, if we have food and clothes, that should be enough for us."
1 Timothy 6:8 TEV

"Are you tired? Worn out? ... Come to Me. Get away with Me and you'll recover your life. 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 The Message

THE LOW DOWN ON DOWNTIME:

1. Do it For Your Soul, Not Just Your Mind and Body!

"And how do you benefit if you gain the whole world but lose your own soul in the process?"
Matthew 16:26 NLT

"The Lord is my shepherd; I shall not be in want. He makes me lie down in green pastures, He leads me beside still waters, He restores my soul..."
Psalms 23:1-3 NIV

DOWNTIME: It takes quiet and still places to let the sediment of the soul settle.

"See how much our heavenly Father loves us, for He allows us to be called His children, and we really are!"

1 John 3:1 NLT

2. Ask God for Help with Your 'Time' Because We Have a Limited Supply

"God, I don't know how many more ticks of this watch you'll give me. Thanks for each one you do give me. Help me spend time the way you want me to."

Work at Rest

- Leave room

Turn off and tune in

"Then the Lord said to Elijah, 'Go stand in front of Me on the mountain. I will pass by you.' Then a very strong wind blew. It caused the mountains to break apart...But the Lord was not in the wind. After the wind, there was an earthquake. But the Lord was not in the earthquake. After the earthquake, there was a fire. But the Lord was not in the fire. After the fire, there was a quiet, gentle voice."
1 Kings 19:11-12 ICB

Next Steps:

- I will spend time with God...when
- I will rest my body and mind...when
- I will create space in my schedule, so I don't rush to what? (church, school, work, a meeting)
- I will enjoy some silence...when?



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