

**Series:** The Fight

**Message:** Fighting For A Slower Pace

**Scripture:** Psalm 46:10; Psalm 8

**Teacher:** Randy Pope

**Dates:** 16/17 March 2019

*“Much of our activity these days is nothing more than a deep anesthetic to deaden the pain of an empty life.”*

*“There’s part of us which is drawn to a hurried life. It makes us feel important. It keeps the adrenaline pumping. It means I don’t have to look too closely at my heart or life. It keeps us from feeling our loneliness.”*

## 1. The Cause For The Fast Pace

### **Psalms 46:10**

*<sup>10</sup> “Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

## 2. The Cure For The Fast Pace

*“An object in motion will remain in motion in the absence of an External Force.”*

*“There are a lot of activity addicts who would love to stop running if they knew how.”*

### 1) Cease Striving

### **Psalms 8:3-4**

*<sup>3</sup> When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained;*

*<sup>4</sup> What is man that You take thought of him, and the son of man that You care for him?*

(1) He thinks we are special.

### **Psalms 8:5**

*<sup>5</sup> Yet You have made him a little lower than God, and You crown him with glory and majesty!*

(2) He thinks we are important.

**Psalms 8:6-8**

<sup>6</sup>You make him to rule over the works of Your hands; You have put all things under his feet,

<sup>7</sup>All sheep and oxen, and also the beasts of the field,

<sup>8</sup>The birds of the heavens and the fish of the sea, whatever passes through the paths of the seas.

(3) He thinks we are perfect.

2) Know That He Is God

**Psalms 46:10**

<sup>10</sup>"Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

**Psalms 8:1**

<sup>1</sup>O Lord, our Lord, How majestic is Your name in all the earth, who have displayed Your splendor above the heavens!

**5 "Musts" if hoping to lessen hurry to a considerable degree.**

1) Admit to the cause of hurry.

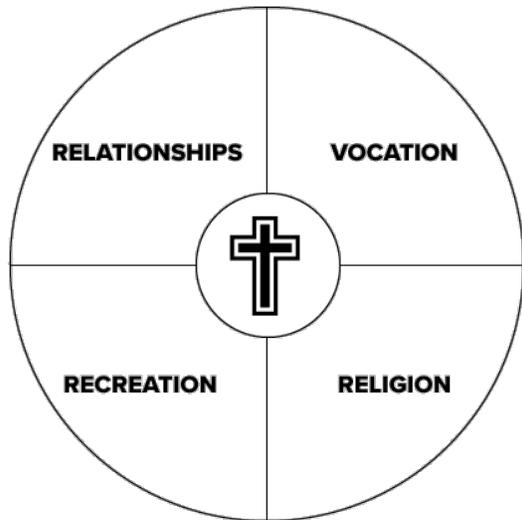
2) Embrace the only solution to hurry.

3) Realize your limitations.

**C.S. Lewis**

*Don't be too easily convinced that God really wants you to do all sorts of work you needn't do. Each must do his duty "in that state of life to which God has called him." Remember that a belief in the virtues of doing for doing's sake is characteristically American, and characteristically modern. There can be intemperance in work just as in drink. What feels like zeal may be only fidgets or even the flattering of one's self importance...By doing what "one's station and its duties" does not demand, one can make oneself less fit for the duties it does demand and so commit some injustice. Just you give Mary a little chance as well as Martha.*

4) Establish your priorities and goals.



5) Plan your schedule with the inclusion of solitude.

**Henri Nouwen**

*"In solitude, I get rid of my scaffolding. Scaffolding is all the stuff I use to keep myself propped up, to convince myself I'm important or okay."*

**Gordon McDonald**

*"Time must be properly budgeted for the gathering of the inner strength and resolve in order to compensate for ones weaknesses when spiritual warfare begins."*