

## **The Life You've Always Wanted**

### **Part 2-Slowing Down**

**Mark 6:30-46**

**How can we discover the life we have always wanted?**

**This life is found in a DEEPER WALK with God.**

**Key point from last week: we have to TRAIN spiritually to develop the life we have always wanted.**

*Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:7-8 NIV*

**Do you feel like you are TOO BUSY to train?**

**Are you ADDICTED to hurry?**

**Today's Discipline: SLOWING DOWN**

- 1. To curb our addiction to busyness, hurry and workaholism, to savor the moment.**
- 2. To live in the present so that I can be in tune with the Holy Spirit and hear God daily direction.**

**How do we slow down?**

- 1. BE STILL.**

*He says, "Be still, and know that I am God; Psalm 46:10 NIV*

- 2. TRUST that God is in control.**

*but those who hope in the LORD  
will renew their strength.*

*They will soar on wings like eagles;*

*they will run and not grow weary,  
they will walk and not be faint. Isaiah 40:31 NIV*

### **3. LISTEN for God's gentle whisper.**

*The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."*

*Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, 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 came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.*

*Then a voice said to him, "What are you doing here, Elijah?" 1 Kings 19:11-13 NIV*

**Key Point: Slowing down was a CONSISTENT discipline in the life of Jesus,**

*Immediately Jesus made His disciples get into the boat and go on ahead of Him to Bethsaida, while He dismissed the crowd. After leaving them, He went up on a mountainside to pray. Mark 6:45-46 NIV*

**How can we slow down a CREATE SPACE for God to be God?**

- **Breath prayer**
- **Prayer walk**
- **10 minute technology break**
- **Turn off the noise**
- **Practice Sabbath**

**What would your life feel like tomorrow if you didn't feel hurried?**

**What do you need to change to make that happen?**