

(Deuteronomy 30:19) This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life.

Handwriting on the Wall

(Daniel 5:26-27) This is what these words mean: God has numbered the days of your reign and brought it to an end. You have been weighed on the scales and found wanting.

√ The risk of sinful choices _____

(Luke 21:34) Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.

√ My emotions are _____

(Job 9:25 NCV) My days go by faster than a runner; they fly away without my seeing any joy.

√ I am less _____

(Proverbs 21:5 Message) Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.

(Proverbs 19:2 GW) ...a person in a hurry makes mistakes.

√ I end up _____

(Psalm 39:6 NLT) We are merely moving shadows, and all our busy rushing ends in nothing.

√ I can't _____

(Psalm 46:10) Be still, and know that I am God.

Catch Your Breath

(Mark 6:31) Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, "Come with Me by yourselves to a quiet place and get some rest."

1. Stop the constant push _____

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

(Proverbs 14:30) A heart at peace gives life to the body, but envy rots the bones.

(Proverbs 20:25) It is a trap for a man to dedicate something rashly and only later to consider his vows.

2. Keep _____ holy.

(Exodus 20:9-10 GN) You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me.

(Proverbs 10:27 LB) Reverence for God adds hours to each day...

3. _____ to Jesus.

(Psalm 23:1-3) The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.

(Matthew 11:28-30) 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. For My yoke is easy and My burden is light.

Fresh Air Principle #3

(Isaiah 63:14) They were given rest by the Spirit of the LORD. This is how You guided Your people to make for Yourself a glorious name.

(Deuteronomy 30:19) This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life.

Handwriting on the Wall

(Daniel 5:26-27) This is what these words mean: God has numbered the days of your reign and brought it to an end. You have been weighed on the scales and found wanting.

✓ The risk of sinful choices increases.

(Luke 21:34) Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.

✓ My emotions are inconsistent.

(Job 9:25 NCV) My days go by faster than a runner; they fly away without my seeing any joy.

✓ I am less productive.

(Proverbs 21:5 Message) Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.

(Proverbs 19:2 GW) ...a person in a hurry makes mistakes.

✓ I end up empty inside.

(Psalm 39:6 NLT) We are merely moving shadows, and all our busy rushing ends in nothing.

✓ I can't hear God.

(Psalm 46:10) Be still, and know that I am God.

Catch Your Breath

(Mark 6:31) Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, "Come with Me by yourselves to a quiet place and get some rest."

1. Stop the constant push for more.

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

(Proverbs 14:30) A heart at peace gives life to the body, but envy rots the bones.

(Proverbs 20:25) It is a trap for a man to dedicate something rashly and only later to consider his vows.

2. Keep the Sabbath day holy.

(Exodus 20:9-10 GN) You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me.

(Proverbs 10:27 LB) Reverence for God adds hours to each day...

3. Get close to Jesus.

(Psalm 23:1-3) The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.

(Matthew 11:28-30) 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. For My yoke is easy and My burden is light.

Fresh Air Principle #3

(Isaiah 63:14) They were given rest by the Spirit of the LORD. This is how You guided Your people to make for Yourself a glorious name.

Slow down.

All scripture is from the New International Version unless otherwise noted. Messages and notes are available at crosspointworshipcenter.com.