

STILL | PSALM 46:10 | JANUARY 30/31, 2016 | PASTOR JIM CALER

*"He says, 'Be still, and know that I am God'"* (Psalm 46:10)

*"Come away to a deserted place all by yourselves and rest awhile."* (Mark 6:31)

### Symptoms of a Hurried Life

1. Constantly speeding up daily activities
2. Multi-Tasking
3. Superficiality
4. Less productivity

*"The plans of the diligent lead to profit as surely as haste leads to poverty."* (Proverbs 21:5)

### The Better Way

*"Teach us to number our days aright, that we may gain a heart of wisdom."* (Psalm 90:12)

*"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."* (Ephesians 5:15-16)

"making the most" = *exagorazo*, to purchase out of

"opportunity" = *kairos*, opportune time

### How to Redeem Your Time/Measure Your Days

#### 1. \_\_\_\_\_ and Pray

*"Desire without knowledge is not good—how much more will hasty feet miss the way!"*  
(Proverbs 19:2)

#### 2. Intentionally \_\_\_\_\_ Down

#### 3. Just Say \_\_\_\_\_

Two questions every time a new opportunity comes up:

- Is it worth it?
- What am I going to give up?

#### 4. Take a \_\_\_\_\_

*"Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God."* (Exodus 20:9-10a)

- Rest your \_\_\_\_\_
- Rest your \_\_\_\_\_
- Refocus your \_\_\_\_\_

### open up

*(answer one of these questions)*

When was the first time you felt your mortality and that your "days were numbered?" How did that moment affect your life and your priorities?

When was the happiest "season" of your life? What did your typical day look like then?

### dig in

Read Psalm 90:10–12. Why do you think is it difficult for us to "number our days"?

Read Ephesians 5:15-16. Why do you think is it important for believers to constantly be looking at their lives and examining how they are using their time?

What do you think making the best use of our time involves on a daily basis? How do you actually evaluate this?

What are some ways the world wants us to use our time that is in opposition to how God would want us to use our time? How can we combat this pull from culture to be more in tune with God's desires?

What direction do you think Matthew 6:33 and Matthew 28:19-20 give us for investing the days God gives us?

Do you currently or have you ever kept a Sabbath day? If so, what were the benefits? If not, what is most challenging part to doing this?

### live it out

Which of the 4 practices to combat the "sickness of hurry" will you pursue this week? How can your life group or family support you in this?

What is one thing you can do this week to begin to create breathing room in your schedule? What can this group do to support you?