

Equalizing the Noise!

*** Ecclesiastes 5:3 "...Being too busy gives you nightmares..." [NLT]

*** Jeremiah 6:16 "This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." [New International Version]

Life's Domains and Demands -

+ *Personality -*

+ *Life Stage -*

+ *Crisis -*

+ *Insecurities -*

= *Busyness!*

*** Psalm 119:73 "You made me; you created me. Now give me the sense to follow your commands." [New Living Translation]

*Look at and adjust our schedules from God's Perspective –
not from Man's Perspective!*

A Simple Equation to Help Us Equalize our Lives: 24 + 7 + 1 = 1000!

🕒 24! – It's About Time!

*** Genesis 1:14 "God said, "Let bright lights appear in the sky to separate the day from the night. They will be signs to mark off the seasons, the days, and the years." [NLT]

*** Matt 6:27 "Who of you by worrying can add a single hour to his life?" [NIV]

*24 is the plate God gives us...so who puts too much on it? **ME!***

*"What part of the equation do I need to work on
to equalize the noise of busyness in my life?"*

*** Eph. 5:15-16 "Be very careful, then, how you live--not as unwise but as wise, making the most of every opportunity, because the days are evil." [NIV]

WISDOM IN BALANCE!

🕒 7! – The Rest of Your Time!

The Sabbath!

*** Ex. 16:29 "Do they not realize that I have given them the seventh day, the Sabbath, as a day of rest? That's why I give you twice as much food on the 6th day, so there will be enough for two days. On the Sabbath day you must stay in your places. Do not pick up food from the ground on that day." [NLT]

Biblical Principle: One in Seven!

*** Exodus 20:8-11 "Remember to observe the Sabbath day by keeping it holy. [9] Six days a week are set apart for your daily duties and regular work, [10^A] but the seventh day is a day of rest dedicated to the Lord your God. [11] For in six days the Lord made the heavens, the earth, the sea, and everything in them; then he rested on the seventh day. That is why the Lord blessed the Sabbath day and set it apart as holy." [NLT]

*** Mark 2:27 "Jesus said, "The Sabbath was made to benefit people, and not people to benefit the Sabbath." [NLT]

Three Word Agenda:

🕒 Rest! –

🕒 Refresh! –

🕒 Renew! –

🕒 1! – A Moment in Time!

*** Psalm 119:147 "I rise early, before the sun is up; I cry out for help and put my hope in your words." [NLT]

*** Mark 1:35-37 "The next morning Jesus awoke long before daybreak and went out alone into the wilderness to pray. Later Simon and the others went out to find him. They said, "Everyone is asking for you." [NLT]

Ultimately, Your Spiritual Growth is Your Responsibility!

*** Luke 10:42 "'Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." [NIV]

🕒 1000! – The Time is Right!

*** 2 Peter 3:8 "But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day." [NIV]

"People see time against time - but God sees time against eternity."

"Will this matter in eternity?"

*** Psalm 39:4-6 "Lord, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath." We are merely moving shadows, and all our busy rushing ends in nothing." [NLT]