



- Having more will not make me happier.  
Matthew 16:26; Proverbs 23:4
- Doing more will not make me more worthy.  
Ecclesiastes 4:6; 1 John 5:1

## 2. Learn to listen more and speak less.

“Everyone should be quick to listen, slow to speak and slow to become angry,” James 1:19

“Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.” Ecclesiastes 5:2

## 3. Learn to follow God's guidance.

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

- Take a day of rest  
Exodus 20:9-10; Psalm 127:2
- Take time to pray  
James 1:5; 1 Thessalonians 5:17

“...God does everything just right and on time, but people can never completely understand what He is doing.”

Ecclesiastes 3:11



“For I can do everything God asks me to with the help of Christ who gives me the strength and power.”  
Philippians 4:13 (LB)

## What are the by-products of living a busy life?

- A busy life is *more stressful*  
“Too much activity gives you restless dreams...” Eccl. 5:3
- A busy life is *less joyful*  
“My days go by faster than a runner; they fly away without my seeing any joy.” Job 9:25
- A busy life is *less productive*  
“Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.” Proverbs 21:5
- A busy life is *less attentive to God's voice*  
“Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10

## How can I get out of the fast lane?

### 1. Learn to be content.

“<sup>11</sup>Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup>I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.” Philippians 4:11-12