

# Slow Down!

Run, run, run! Appointments, activities, assignments, demands, decisions, deadlines, run run run, schedules, church services, Bible studies, plans, programmes, meetings, people to see!

Does this sound familiar?

Stop, halt, cease, pause a moment!

Sit down with me and read this article, let your motors idle and think for a change.

Think about our busy pace of life.

Is this God's way of doing things?

Caught your breath yet?

Take a glance back over the last three or four months.

Can you list any significant spiritual accomplishments?

Any problems overcome?

Any friendships strengthened?

**Such a lifestyle can fill a calendar, but could fracture a family!**

**Psalms 46:10** [New King James] *“Be still and know that I am God ...”*

The Hebrew word translated “know” is “yâda” a root word with a wide list of uses, including to care, recognise, be aware of, discern, discover, befriend, have respect for.

**This knowing our Creator God cannot be accomplished “on the run.”**

God must shake His head with despair when He sees the frantic, compulsive, agitated motions we put ourselves through.

In place of growing responsive, spiritual development, we offer Him a life spilling over with impatience which could lead to resentment.

**I'm sure God watches our convulsions with a heavy sigh.**

Remember it is **not** enough to be busy, the real question is what are we busy about?

**Do we take time to meditate on and put into action in our lives any instructions we receive through God's Word the Christian Bible?**

**Philippians 4:8-9** [New King James] *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”*

Look at your schedule. **Are you using activity as a cheap drug to deaden the pains of an empty spiritual life?**

If so, along with many others in the true Christian Church, you will not make it into the Kingdom of God if you continue to take this activity drug.

Searching words for all of us, but true just same.

Want to make some changes?

Here is how to start.

**First of all admit we are too busy –**

Say to yourself, your family and friends, openly and willingly that your busy life is heading in the wrong direction and that you are going to do something about it right now.

**Second, analyse your life –**

**How much time are you spending getting closer to your Creator God through prayer and study of His Word, the Christian Bible?**

Is your busyness causing problems with your family?

Get your priorities right, be bold and ruthless, for so is the clock.

**Time is a limited commodity.**

**Start saying “No” –**

Practice saying it aloud a few times when alone.

If feasible, resign from a committee or two, quit feeling important, they can get someone else to take your place.

**Maintain your new schedule –**

It is easy to start fast and fade away quickly.

**Discuss with your family some ways of investing time with them, without television or internet.**

Without apologies for playing, talking and laughing, doing simple things, fun things, without lots of money having to be spent to do them.

**Share what you have learned –**

**Matthew 6:33** [New King James] *“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”*

It will **not** be long before you begin gleaning the benefits of putting the important things first.

**Share your meditation on God’s Word, the Christian Bible, with your mate and your children.**

**Share your thoughts with God in prayer –**

Take time to read and meditate on God’s law and precepts.

**Infect others with some germs of your new-found excitement –**

Let us help each other to find the right balance between physical and spiritual activities.

**If we are too busy –**

To keep our friendships in good repair.

To maintain consistent study of God's Word, the Christian Bible.

To cultivate the sense of personal contact with the Creator God.

To teach God's way of life to our children.

To listen to other people with undivided attention.

**Then we are indeed too busy and must slow down.**