

Friday

The purpose of slowing down is not just to get a little extra free time. The purpose is to have more time for the really important things. Read Luke 10:38-42. How did Martha demonstrate a classic result of being too busy? Why do you suppose she invited Jesus to her house? Was that purpose being accomplished?

How are you like Martha in your life? How are you like Mary?

Ask God for "margin wisdom", the insight to make good choices about how you spend your time.

Saturday

Today cover any devotions you may have missed. Please pray for our services this weekend as we talk about taking a "Joy Ride"!

Prayer Updates

Hospitalized & Surgeries

Robin Walick – bleeding ulcer and staph infection

Kayla Arnold – age 17, widespread internal infection, situation is dire

Virginia Dietzel – complications from surgery, much pain – wants "to go home to Jesus"

George Ward – stroke recovery

David Anderson - pneumonia/bronchitis

Dee Buckelew – pancreatitis

Gerald Zamzow – a fall and chest pains.

Jana Howard – serious condition

Aleeta Zapata – bacterial infection

Bruce Rinkert – in RCU

Donald Switzer – recovering from several strokes, in RCU

Recent Hospitalizations/Surgeries: Dennis McVey, Norma Moniodis

Hospice Care: Adrienne Bresnahan-Gomes, Ella Mae Johnson, Bruce Rinkert

Home with the Lord

We extend our love and prayers to the family of **Dorrell Smith** who went home to be with the Lord on April 10th. Pray for his wife Bettye as well who is in a care home suffering with Alzheimer's. Services were held yesterday here at the church.

We received word that **Orville Pahlow** went home to the Lord on April 14th after saying to someone in an otherwise empty room, "who are all these people in my room?" God's angels were there to escort him to heaven. His son and daughter-in-law, Gary and Mary Lynn, attended TLC for five years and their daughter attended TLCS. Services will be held in Sonora where he lived.

We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups – call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center. **Subscribe to the Prayer Update:** www.tlc.org/profiles

Thrill Ride

PART 5

Motion Sickness

April 19 & 20, 2008 • René Schlaepfer

____% of Americans feel "chronically stressed out" (Harris poll)

____% of Americans say "I have burned out" (Inc magazine)

____% of Americans feel a desperate need to "slow down" (CNN poll)

Do you have "motion sickness"?

Check all that apply:

- I almost always feel like I'm in a hurry
- My "to do" list is unrealistically long
- I use days off to catch up with unfinished work
- More than one person recently has told me to slow down
- I feel guilty when I do relax
- I have to get sick before I take time off

"He makes me lie down in green pastures, he leads me beside the still waters, he restores my soul." *Psalm 23:2,3a* (NIV)

"You have six days to do all your work, but the seventh day is to be a Day of Rest dedicated to the Lord your God." *Exodus 20:9,10a* (GN)

"Because so many people were coming and going that they didn't even have a chance to eat, Jesus said to his disciples, 'Come with me by yourselves to a quiet place and get some rest.'" *Mark 6:31* (NIV)

God is not _____

God is interested in my _____

Four steps to curing motion sickness:

1. _____ my limits

“It is senseless for you to work so hard from early morning until late at night . . . God wants His loved ones to get their proper rest.” *Psalm 127:2* (LB)

2. _____ my time use

“Therefore be careful how you walk, not as unwise but as wise, making the most of your time, because the days are evil.” *Ephesians 5:15,16* (NASB)

3. _____ my obligations wisely

“An intelligent person aims at wise action, but a fool starts off in many directions.” *Proverbs 17:24* (GN)

“A wise man thinks ahead; a fool doesn’t and even brags about it.” *Proverbs 13:16* (GN)

Things we often forget to schedule time for:

Key to selection: Know my _____

“They tried to keep Jesus from leaving them. But He said, ‘I must preach the Good News of the kingdom of God to other towns also, because **that is why I was sent.**’” *Luke 4:42b,43* (NIV)

4. _____ my focus

...to _____

“All of us should... **enjoy** what we have worked for; it is God’s gift.” *Ecclesiastes 3:13* (LB)

...to _____

“Be **still** and know that I am God.” *Psalm 46:10a* (NIV)

[Jesus said,] “Come to me, all you who are weary and heavily burdened, and I will give you rest.” *Matthew 11:28*

Monday

Read through all of Psalm 23 today. Which one point from the weekend message stood out for you? What is the greatest obstacle you face in finding rest?

Take the “motion sickness” quiz on page 1. Do any of these questions strike a chord with you?

Today ask God to help you prioritize your time. Start by making a commitment to do a time audit this week. Thank God that He cares about your rest!

Tuesday

Read Psalm 23:1-3 again. Has God ever had to “make you lie down”? What happened?

How does God lead you beside quiet waters? What are your quiet waters — what refreshes you?

Ask God for wisdom on how best to slow down.

Wednesday

A principle from the message was selection: learning to say no, learning to prune activities. Name a new task you have recently taken on, or will be adding soon:

What current activity will you discontinue to make room for the new one?

Read Mark 1:21-39 for an interesting look at about 24 hours in Jesus’ life. List everything that happened in that one day:

How did Jesus respond to the unexpected calls for his action? What impresses you about how his day ends? How was Jesus able to turn away from some needs? What does this teach you about selection?

Spend time right now with God, asking Him for wisdom in making the right decision about pressing needs in your life.

Thursday

Read Ephesians 5:15,16. If you haven’t done so yet, put this verse in practice by examining how you spend your hours today: Do a “time audit”. After you are done, answer these questions: What surprised you about what you found? Where do you obviously need to spend more time? Where less?

Ask God for time wisdom. Thank Him that He cares for every moment of your life.



“He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.”
Psalm 23:2,3b