



The Year of H.O.P.E.
HEALING. OUTREACH. PRAISE & WORSHIP. EMPOWERMENT.

Bible Study Lesson: “Slow Down: Experiencing Physical, Emotional and Spiritual Healing” Part 1

Intro: “If God, gospel, and church are so wondrous, why is it that many involved in ministry today are feeling **fatigued** and **empty**? On one level, the answer may be all too obvious, albeit unsettling, to admit: Genuine caring and commitment necessarily result in periods—sometimes prolonged periods—of emotional stress and strain. Whether one is a member of the clergy, a nurse, a doctor, a teacher, a social worker, or even an adult child caring for an ill or aging parent at home, feeling **drained** and **depressed** from time to time goes with the territory. Such is the real cost of really caring.” - *Rest in the Storm*, by Kirk Byron Jones

Point of Consideration: “On most flights, persons traveling with children are given an additional directive: ‘Place the mask on yourself first, then place the mask over the child’s face.’ The reasoning is readily understandable: The well-being of the child is dependent on the well-being of the child’s caregiver.” If we don’t take of ourselves first, how can we expect to take care of others?

I. Why We Need To Slow Down

Psalm 46:10; 1 Corinthians 6:19-20

- A. We cannot be **helpful** if we are not **healthy**.
- B. We commit **self-violence** when we do not take time to rest.
- C. Domestic abuse, substance abuse, child abuse are socially unacceptable but **self-violence** and **self-abuse** are seemingly acceptable.

II. What Keeps Us From Slowing Down

- A. **Personal Ambitions** from the inside - We have been conditioned to believe that the only way to succeed is to work hard, sacrifice, and give it all we have. What most people call commitment is often to excuse overload and hurry.

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- B. **Public Affirmations** from the outside - Most promotions, occupational perks, and awards are given to people who repeatedly go above and beyond the call of duty. This speed of life is detrimental because overload and hurry will eventually effect your body, mind, and spirit.

III. How Jesus Teaches Us To Slow Down

- A. Rest **energizes** you for your **purpose**. Mark 6:30-32
- B. Rest **enables** you with more **power**. Mark 4:37-39
- i. If Jesus would not have been sleep in the back of the boat, he would not have had the energy to calm the storm in the front of the boat.
- C. Rest is **experienced** when you know the **Prince of Peace**. Matthew 11:28-30

Questions of Reflection:

1. What do I like to do for fun?
2. Is my speed of life affecting the quality of my relationships?
3. What do I need to take off of my schedule this week?
4. Is making others happy worth me constantly making myself unhappy?
5. How can I create memories with family and friends before the year ends?

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