



The Year of H.O.P.E.

HEALING. OUTREACH. PRAISE & WORSHIP. EMPOWERMENT

Bible Study Lesson:

“Slow Down: Experiencing Physical, Emotional and Spiritual Healing” Part III

Why Are We In Such A Hurry?

From *Addicted to Hurry* by Kirk Byron Jones

15 Reasons Why We Are In A Hurry:

- We don't know how to **stop**
- We run out of **enthusiasm**
- To get things **done**
- Because the clock is **running**
- Because there is **so much to do**
- To acquire prized **possessions**
- To **catch up**
- To avoid being **late**
- Because of our **jobs**
- To remain in **control**
- For **success**
- To please **people**
- For the **rush**
- To be **first**
- To get our **share**

THE HOUSE OF HOPE MACON

Quotes To Consider:

“There are people who want to be everywhere at once and they get nowhere.” Carl Sandburg

“As I read the Old and New Testaments I am struck by the awareness therein of our lives being connected with cosmic powers, angels, and archangels, heavenly principalities and powers and the groaning of creation. It’s too radical, too uncontrolled for many of us, so we build churches which are the safest possible places in which to escape God.”

Madeleine L’Engle, *Glimpses of Grace*

Psalm 46 — Learning to Stay Cool When Things Get Crazy

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| I. <u>Facts</u> about God’s <u>character</u> | Psalm 46:1 |
| II. <u>Fearlessness</u> can be maintained in <u>chaos</u> | Psalm 46:2-3 |
| III. <u>Focus</u> on what keeps <u>coming</u> | Psalm 46:4 |
| IV. <u>Faith</u> keeps you <u>calm</u> | Psalm 46:10 |

John 6:10 — Have Several Seats

- I. Have a seat so you don’t block others from **seeing God**
- II. Have a seat so you can **see God**