



Making The Most Of Your Time

Eliminate The Hurry

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1. **Silence** the noise.

Matthew 3:16-4:1 NKJV

When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. 17 And suddenly a voice came from heaven, saying, "This is My beloved Son, in whom I am well pleased."

1Then **Jesus was led up by the Spirit into the wilderness** to be tempted by the devil.

Mark 6:30-31 NIV

30 The apostles gathered around Jesus and reported to him all they had done and taught. 31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them,

"Come with Me by yourselves to a quiet place and get some rest."

2. **Simplify** your life.

Matthew 6:19-21 NIV

19 "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal.

21 For **where your treasure is, there your heart will be also.**

3. **Slow** down to catch up with the Lord.

Ephesians 5:15-16 AMP

15 **Look carefully then how you walk!** Live purposefully and worthily and accurately, not as the unwise and witless, but as wise (sensible, intelligent people),

16 Making the very most of the time [buying up each opportunity], because the days are evil.

Notes: _____

Key Scripture

Ephesians 5:15-16 NASB

15 Therefore be careful how you walk, not as unwise men, but as wise, 16 **making the most of your time**, because the days are evil.

A life without hurry

Luke 10:38-42 AMP

38 Now while they were on their way, it occurred that Jesus entered a certain village, and a woman named Martha received and welcomed Him into her house.

39 And she had a sister named Mary, who seated herself at the Lord's feet and was listening to His teaching. 40 But Martha [overly occupied and too busy] was distracted with much serving; and she came up to Him and said, Lord, is it nothing to You that my sister has left me to serve alone? Tell her then to help me [to lend a hand and do her part along with me]! 41 But the Lord replied to her by saying,

Martha, Martha, you are anxious and troubled about many things;

42 **There is need of only one or but a few things. Mary has chosen the good portion [that which is to her advantage], which shall not be taken away from her.**

10 symptoms of "Hurry Up" flue...

- Irritability
- Hypersensitivity
- Restlessness
- Workaholism or Nonstop Activity
- Emotional Numbness
- Out of Order Priorities
- Lack of Self Care
- Escapists Behaviors
- Slacking of Spiritual Disciplines
- Isolation

Mark 8:34-36 NKJV

34..."Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. 35 For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it.

36 For what will it profit a man if he gains the whole world, and loses his own soul?

Notes: _____
