



April 29, 2012

Pastor Chris Hill

Do not merely listen to the word, and so deceive yourselves. Do what it says. James 1:22 (NIV2011)

“The pace at which I was doing the work of God was killing the work of God in me.” Bill Hybels

Two Biblical Examples

1. _____

- Winning in _____

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”

1 Kings 19:1-2 (NLT)

- out and _____

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I

have had enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.” 1 Kings 19:3-4 (NLT)

- The _____ need - Get _____

Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the LORD came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. There he came to a cave, where he spent the night. 1Kings 19:5-9a (NLT)

2. _____

- Winning in life
- Recognized his _____

Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. Matthew 14:22 (NLT)

- _____ _____ for a recharge

After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone. Matthew 14:23 (NLT)

Your life moves to a _____ place
when you move at a _____ pace.

Practical Rest App Tips

Tip #1 - _____

Tip #2 - _____

Tip #3 - _____

My Next Step Today Is To:

- Give my life over to Jesus and begin to live for Him.
- Ask your spouse or a trusted friend this question - "Is my current pace sustainable?"
- Commit to implement Tip # _____ in my life.
- Meditate on and/or memorize Matthew 14:23