

MESSAGE NOTES

January 7, 2018

TRANSFORMED, NOT CONFORMED

Slowing Down

Mark 6:31; Luke 10:38-42

Pastor Jeff Nelsen

- It'll always be _____ to _____ than be _____.
- Jesus teaches we _____ "_____ " for healthy rhythms w/God.

Do not conform the pattern of this world,
but be transformed by the renewing of your mind. **Romans 12:2**

TRANSFORMED BY SLOWING DOWN

- The goal in life is to _____ God & do _____ Him.
- Hurry & busyness _____ our _____ & closeness with God.
- ❶ In a busy ministry season, Jesus _____ a _____ - _____. Mk 6:30-34
- He shows His disciples how to _____ the _____ of their lives.
- ❷ Jesus teaches Martha the _____ needed in life. Lk 10:38-42
- He shows her how she can be _____ but _____.
- ❸ When He's most overwhelmed, Jesus "_____ " for this. Mk 14:33-39
- He shows how slowing down can _____ us freshly _____.
- Ask yourself: What _____ of _____ do I want to _____?

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." **Mark 6:31**

3 WAYS TO SLOW DOWN WITH JESUS

- ❶ Practice S _____. Exodus 14:14; Psalm 37:7; 46:10; Zechariah 2:13; Mark 1:35
- ❷ Practice S _____. Psalm 4:4; Eccles 3:7; Hab 2:20; Zeph 1:7; Mark 14:61; Rev 8:1
- ❸ Practice S _____. Job 22:21; Proverbs 3:6; Mark 14:34-36,39; James 4:7