

## 2 Much 2 Do

### #1: The Danger of Overloaded Lives

#### How To Slow Your Pace Of Life

#1: Identify the cause of your \_\_\_\_\_

Song of Solomon 1:6 *I had no time to care for myself...*

- |                               |        |               |         |
|-------------------------------|--------|---------------|---------|
| (a) Materialism               | No ___ | Sometimes ___ | Yes ___ |
| (b) Self-worth                | No ___ | Sometimes ___ | Yes ___ |
| (c) Fill the emptiness        | No ___ | Sometimes ___ | Yes ___ |
| (d) A desire to please people | No ___ | Sometimes ___ | Yes ___ |
| (e) Misplaced values          | No ___ | Sometimes ___ | Yes ___ |

#2: Learn \_\_\_\_\_

Proverbs 20:25 *An impulsive vow is a trap; later you'll wish you could get out of it.*

- a) Say NO to \_\_\_\_\_
- b) Give \_\_\_\_\_ to say NO
- c) Learn to \_\_\_\_\_

#3: Start a \_\_\_\_\_

Exodus 18:17-18 *Moses' father-in-law replied, "What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."*

#4: Do less and \_\_\_\_\_

2 Corinthians 1:8-10 *We were under great pressure, far beyond our ability to endure, so that we despaired even of life...But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us...*

## Do You Have An Overloaded Life?

1. You go through your day with a constant sense of Urgency.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

2. You notice underlying tension in close relationships.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

3. You have a preoccupation with escaping.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

4. You often feel frustrated because you're not getting things done.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

5. You sense that time is passing too quickly without you getting what you really want out of life.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

6. You have a persistent desire for a simpler life.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

7. You have little time for life.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

8. You find that you're often trying to do many things at once.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

9. You have lost a sense of gratitude and wonder about life.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*

10. You sometimes have a gnawing feeling that there has to be more to life than this.

Not at all like me      Like me sometimes      Me most of the time  
\* \_\_\_\_\_ \*