



It's Time for a Soul-Detox: Slow Down!

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When we insist on moving at the speed of life:

1. we MISS OUT (Ecclesiastes 4:4)
"This too is meaningless, a chasing after the wind"
"But Mary treasured up all these things and pondered them" (Luke 2:19)

2. we PASS BY (Luke 10:25-37)
"He passed by on the other side"

3. we CRASH INTO (Ecclesiastes 2:22-23)
"even at night their minds do not rest"

What should we do about it?

- PULL OVER! (Mark 1:32-39)
"Jesus...went off to a lonely place"

- POP THE HOOD! (Psalm 139:23-24)
"Search me, God, and know my heart"

- CHANGE LANES! (Psalm 46:10)
"Be still and know that I am God"