

**God's Promise And My Busyness**  
**#SermonBusyness**  
**God's Promises To The Stressed - Part 2**  
**Dr. Mark Jackson - April 26, 2020**

**Psalm 23:2** He makes me lie down in green pastures, he leads me beside quiet waters. (NIV)

**Proverbs 14:30a** A relaxed attitude lengthens a man's life... (LB)

**Five Reasons We Overwork & Don't Rest  
Because...**

**1. WE BASE OUR** \_\_\_\_\_

**Ecclesiastes 10:15** Only someone too stupid to find his way home would wear himself out with work! (TEV)

**2. WE** \_\_\_\_\_

**Proverbs 23:4-5** Be wise enough not to wear yourself out trying to get rich. <sup>5</sup> Your money can be gone in a flash, as if it had grown wings and flown away like an eagle. (TEV)

**3. WE WANT TO** \_\_\_\_\_

**Ecclesiastes 4:4a** I've learned why people work so hard to succeed; it is because they envy the things their neighbors have... (TEV)

**4. WE VALUE ACHIEVEMENT** \_\_\_\_\_

**Ecclesiastes 4:7-8** I have noticed something else in life that is useless. (TEV) <sup>8</sup> For example, some people don't have friends or family. But they are never satisfied with what they own, and they never stop working to get more. They should ask themselves, "Why am I always working to have more? Who will get what I leave behind?" What a senseless and miserable life! (CEV)

**5. WE'RE AFRAID WE** \_\_\_\_\_

**Ecclesiastes 6:7** We work to feed our appetites; meanwhile our souls go hungry. (MSG)

**Psalm 127:2** It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death, for God wants his loved ones to get their proper rest. (LB)

## HOW TO R.E.L.A.X. GOD'S WAY

### 1. REALIZE \_\_\_\_\_

**James 1:18** God decided to give us life through the word of truth so we might be the most important of all the things he made. (NCV)

**Isaiah 49:16a** I have engraved you on the palms of my hands... (NIV)

### 2. ENJOY \_\_\_\_\_

**Ecclesiastes 3:13** All of us should... enjoy what we have worked for. It is God's gift. (TEV)

**Ecclesiastes 4:6** ...It is better to have only a little, with peace of mind, than be busy all the time... (TEV)

### 3. LIMIT \_\_\_\_\_

**Exodus 20:9-10** You have six days in which to do your work, <sup>10</sup> but the seventh day is a day of rest dedicated to me.... (TEV)

**Mark 2:27a** ...The Sabbath was made to benefit man... (NIV)

### 4. ADJUST \_\_\_\_\_

**Mark 8:36** What good is it for a man to gain the whole world, yet forfeit his soul? (NIV)

### 5. EXCHANGE \_\_\_\_\_

**Matthew 11:28-29** Come to me, all of you who are tired and have heavy loads, and I will give you rest. <sup>29</sup> Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. (NCV)

**Psalm 62:1 My soul finds rest in God alone; my salvation comes from him. (NIV)**