

LISTENING SHEET

**Guardrails
"Time"**

Senior Pastor David Whitten ~ April 19, 2015
Genesis 2:1-3; Exodus 23:10; Mark 6:31

Guardrails – A system designed to keep *people* or vehicles from straying into *dangerous* or *off-limits* areas.

**3 Guardrails That Will Keep Us Balanced in Regards
to Our Life, Time, and Schedule:**

1. *Divert Daily*

"But Jesus often withdrew to lonely places and prayed."

Luke 5:16

2. *Withdraw Weekly*

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work..."

Exodus 20:8-10

(continued)

3. *Abandon Annually*

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(CNN article: Americans are taking fewest vacation days in four decades)

Key Truth:

If we don't come *apart* from the world to rest on a regular and consistent basis, then eventually we'll just come *apart*.

** While the title and theme of this series is taken from Andy Stanley's series on the same, the topics and content are original.*

My Next Steps:

1. This week I will turn off all the distractions and take some time daily (about 15 to 45 minutes) to be still and rest.
2. This week I will examine my life and schedule (and my kids) to see what things need to be added, subtracted, increased, or decreased.
3. This week I will look at my schedule and schedule a day off to rest, relax, and recharge.

Today's Worship Songs:

Lay Me Down - *Chris Tomlin*
Bound For Glory - *Vertical Church*
Raised To Life - *Elevation Worship*
Scandal Of Grace - *Hillsong United*



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