

A Better Way

THE HOPE QUOTIENT

Establishing _____ in our life.

Ecclesiastes 3:1 There is a time for everything, and a season for every activity under the heavens.

Psalm 46:10 He says, "Be still, and know that I am God".

A _____ spirit is more about what's going on inside of me than outside of me.

_____ will always outpace capacity.

You make a _____ to rest.

Don't let your _____ determine your pace. Let your _____ set your pace.

Nehemiah 6:3 I am doing a great work, and I cannot come down.

Luke 10:38-42 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" 41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Martha is effective and _____.

5 RESULTS:

You feel more _____.

You feel less _____.

You are less _____.

Proverbs 19:2 Haste makes mistakes.

You are less _____ to God.

You are more _____ from family.

5 QUESTIONS:

1. Is my _____ of life out of control? (Verse 40)

2. Am I running on _____? (Verse 41)

5 or 3 or 1	PACE OF LIFE INDEX TEST
	Do you seem short of time to get everything done?
	Do you hate to wait in line?
	Do you eat fast?
	Do you drive over the speed limit?
	Do you seem to have little time to relax and enjoy the day?
	Do you find yourself over-committed?
	Do you think about other things during conversation?
	Do you walk fast?
	Do you try to do more than one thing at a time?
	Do you become irritable if kept waiting?
	Do you find yourself with a clinched fist or jaw muscles?
	Does your concentration sometimes wander while you think about what's coming up later?
	Bonus 5 points!
	TOTAL

3. Am I dropping the right _____? (Verse 42)

4. When I relax, do I feel _____?

3 TIPS

_____ Daily helps you _____

_____ Weekly helps you _____

_____ Annually helps you _____

5. Am I living a _____ life? (Verse 39)

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
 Isaiah 40:31 (MSG) But those who wait upon God get fresh strength.