



The theme of the holidays!

"I'm late, I'm late for a very important date, no time to say hello, goodbye. I'm late, I'm late, I'm late, and when I wave, I lose the time I save."

> White Rabbit in the Disney musical "Alice in Wonderland"

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"urgent hurry"
"medium hurry"
"low hurry"

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10% of the "urgent hurry" group stopped to help. 45% of the "medium hurry" group stopped to help. 63% of the "low hurry" group stopped to help.

Social psychologists John Darley and Dan Barton conducted an experiment in relation to the Good Samaritan...

People in a rush are less likely to help others and themselves.



Externally

In the life of Jesus

In the life of Jesus

Mark 1:29-39

- 29 And immediately He left the synagogue and entered the house of Simon and Andrew, with James and John.
- 30 Now Simon's mother-in-law lay ill with a fever, and immediately they told Him about her.
- 31 And He came and took her by the hand and lifted her up, and the fever left her, and she began to serve them.

- 32 That evening at sundown they brought to Him all who were sick or oppressed by demons.
- 33 And the whole city was together at the door.
- 34 And He healed many who were sick with various diseases, and cast out many demons. And He would not permit the demons to speak, because they knew Him.

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- 33 And the whole city was together at the door.
- 34 And He healed many who were sick with various diseases, and cast out many demons. And He would not permit the demons to speak, because they knew Him.
- 35 And rising very early in the morning, while it was still dark, He departed and went out to a desolate place, and there He prayed.

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- 35 And rising very early in the morning, while it was still dark, He departed and went out to a desolate place, and there He prayed.

- 36 And Simon and those who were with Him searched for Him,
- 37 and they found Him and said to Him, "Everyone is looking for you."
- 38 And He said to them,

 "Let us go on to the next towns,

 that I may preach there also,
 for that is why I came out."
- 39 And He went throughout all Galilee, preaching in their synagogues and casting out demons.



Internally

Psalm 46:10

10 Be still, and know that I am God.

Psalm 46:10

10 Be still, and know that I am God.

- The nations rage, the kingdoms totter;
 He utters His voice, the earth melts.
 The LORD of hosts is with us;
- the God of Jacob is our fortress.

 Selah

 8 Come, behold the works of the LORD, how He has brought desolations on the earth.
- 9 He makes wars cease to the end of the earth;
 He breaks the bow and shatters the spear;
 He burns the chariots with fire.
 10 Be still, and know that I am God. I will be exalted
 - among the nations, I will be exalted in the earth!

 11 The LORD of hosts is with us; the God of Jacob is our fortress.

 Selah

Psalm 46:1-11

- 1 God is our refuge and strength, a very present help in trouble.
- Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea,
- 3 though its waters roar and foam, though the mountains tremble at its swelling.

 Selah
- 4 There is a river whose streams make glad the city of God, the holy habitation of the Most High.
- God is in the midst of her; she shall not be moved, God will help her when morning dawns.

- The nations rage, the kingdoms totter;
 He utters His voice, the earth melts.
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 Selah

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 Selah

So....therefore....what now?

What would it take to carve out some time and space in your life so that you are prepared to be fully present when you are called into action?



So....therefore....what now?

What would it take to carve out some time and space in your life so that you are prepared to be fully present when you are called into action?

How will you engage God in the midst of your tumultuous world to cease striving,
to stop fighting,
to wake-up,
to stop fearing,
to acknowledge God for who He is,
to be in awe of what He has done,.....
to internally be still and know God deeply?



December 2nd







