

Pausing for What Matters Most

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Luke 14:28-32 "Don't begin until you count the cost. For who would begin construction of a building without first getting estimates and then checking to see if there is enough money to pay the bills? Otherwise, you might complete only the foundation before running out of funds. And then how everyone would laugh at you! They would say, 'There's the person who started that building and ran out of money before it was finished!' Or what king would ever dream of going to war without first sitting down with his counselors and discussing whether his army of ten thousand is strong enough to defeat the twenty thousand soldiers who are marching against him? If he is not able, then while the enemy is still far away, he will send a delegation to discuss terms of peace." –

I MUST PAUSE MY LIFE TO:

1) PROTECT MY HEALTH

- **Physical: Exercise & Diet (Abstain from Sex, Alcohol and Drugs)**

"Or don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself." – 1 Corinthians 6:19

- **Spiritual: Sabbath:** *"Then (Jesus) said to them, 'The Sabbath was made to benefit people, and not people to benefit the Sabbath.'" – Mark 2:27*

2. ADMIRE & ACCEPT MY PARENTS: *"Honor your father and mother. Then you will live a long, full life in the land the LORD Your God will give you." – Exodus 20:12*

3. USE THE WORD "NO": *"An impulsive vow is a trap; later you'll wish you could get out of it." – Proverbs 20:25*

"It is better to say nothing than to promise something that you don't follow through on. In such cases, your mouth is making you sin." – Ecclesiastes 5:5

4. SPEND TIME WITH GOD: *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus." – Philippians 4:6-7*

5. ENJOY LIFE Ecclesiastes 5:19

"And it is a good thing to receive wealth from God and the good health to enjoy it. To enjoy your work and accept your lot in life – that is indeed a gift from God."

Memory Verse:– Ephesians 5:15, 17-*"So be careful how you live, not as fools but as those who are wise. Don't act thoughtlessly, but try to understand what the Lord wants you to do*

STUDENTS YOUR NEXT STEP THIS WEEK IS TO:

- 1) Memorize Ephesians 5:15,17.
- 2) Take one step to protect my health and one step to honor my parents.
- 3) Commit to pray short "breath prayers" throughout the day.