

Please complete this slip and place it in the oak box to the right of the door as you leave.

We value relationships. This helps us get better acquainted and helps us better serve you. Thanks!

I/We are:

☐ 1st ☐ 2nd ☐ 3rd time Guests ☐ Regular attenders

I/We heard about Word of Life

from: _____

I/We would like to know more about:

- ☐ believing in Jesus
☐ being baptized into Jesus
☐ following Jesus
☐ helping at Word of Life
☐ serving in the community

Adult Name(s) *Please Print*

Youth/Children (grade)

Please complete unless our information is current:

Address

City, ST Zip

Her Email

Her Phone

His Email

His Phone

Needs, Questions or Comments

Over for Requests/Thanksgivings & RSVP

We Thank the Lord...

- for warning us of the dangers of hurry, for giving us worth apart from our work by creating us, saving us, and living in us, for knowing our need for rest and commanding what is best for us, and for a unique plan and timeline for our lives
- for our guests and all who invited and brought them
- for \$467,742 given to our *Therefore Go* building fund
- for all the blessings and resources God has entrusted to our care and His promise to multiply them to build a bigger heaven and better lives.

We Ask the Lord...

- to inspire and empower us to make real progress in SLOWing down this week and to help us commit to returning regularly to Word of Life so we may experience the good life
- to bless missionary pastor Jonathan Goeke and the people of Community of Hope as they reach people in Houston and beyond
- to bless our attenders, community, state, nation and world
- to bless all leaders with godly wisdom and guide them to lead according to His will
- to heal broken families and restore unengaged parents
- to bless victims of war, aggression and violence, especially Ukrainians and Uvalde shooting victims
- to bless victims of oppression, persecution and disaster
- for sobriety for those with addictions
- to bless and protect our deployed troops and their families, especially **Matthew Brooks**, Logan Neahring (**Leal**)
- for a safe move and smooth transitions for **Lisa & Cece Phillips**
- for employment for Maria Glover (**Molina**)
- to help **Choi Seung Mi** finish her new employment training well and to bless her family while they are in the U.S.
- to grant comfort and peace to Janet Sowinski & her caregiver Patty
- to bless Cecilia Friesenhahn, Sarah Livesay & their families (**Flowers, Mitschke**)
- to heal **Peggy Myers, Jerry Johnson, Margie Dominguez, Denise Bruce, Al Fennigkoh, Joyce Givens, Susan Brown, Neil & Jean Craigmile, Paul Krish (Akridge), Janice Tolin (Bruce), Elaine Mize, Jeff Garwood, Darren Dominguez (Dominguez), Bethany, Bobby (Dunaway), Donna Ahrens (Flowers), Alene Prestage (Hatfield), Patty Stevens (Johnson), Margery Erp, Baby Rilyn Miller (Malone), Lillian Mitschke, Marvin Doering, Rita Ryan, Pastor Dan Chambers, Pastor Tom Hadley (Mitschke), Ruby Brunelle (Molina), Forrest McGlothilin (Morgan), Phyliss Putnam (Myers), Clayton (Pawelek), Phil (Peterson), Leslie Wright, Mr. & Mrs. Scott, June Vanucci (Phillips), Twyla Nash, David Rubel (Rubel), Bud, Riley (Stemmermann), Rita (Wallrich)**
- to heal those battling cancer: **Cathy Elkins, Susan Stephens, Guy Morgan (Craigmile), Carolyn Dukich, Brenda, Gino, Robbie Coffey (Dominguez), Eurshel Edwards (Edwards), Ruby Hecox, Mrs. Millstein (Hatfield), Connie Aufdembrink, Billy Morrison, Laurine Watson, Kathy Jennings (Mitschke), Maria Molina (Molina), Meredith Powell (Nightingale), Roy Baker (Nowell), Erica Pamplin (Phillips), Brandy Weaver (Rubel), and to strengthen their families**
- to help those we now name in our hearts and mind
- to open the hearts of people to the Gospel and to open our ears, hands and mouths to bless them and share Jesus with them.

Please take this home so you may review and apply this week's LifeLesson and keep your Word of Life family in your prayers throughout the week.
 Please keep this list current by sharing updates on your Info slip.

Word of Life Fellowship

Building a bigger heaven & better lives!

The Good Life

Slow Down

Pastor Ken Mitschke

1. The Problem with Hurry

When I'm hurried, I feel more _____.

Song of Solomon 1:6—I had no time to care for myself. (GN)

When I'm hurried, I _____ my _____.

Job 9:25—My days go by faster than a runner; they fly away without my seeing any joy. (NCV)

When I'm hurried, I am _____.

Proverbs 21:5—Careful planning puts you ahead in the long run; hurry and scurry puts you further behind. (Msg)

Proverbs 19:2b—A person in a hurry makes mistakes. (GW)

When I'm hurried, I can _____ God.

Psalm 46:10—Be still, and know that I am God. (NIV)

2. How to SLOW Down

S_____ the constant push for more.

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

_____ without boundaries is probably the most destructive thing to lives, families, marriages and countries.

If you _____ your worth with your work, you're going to be stressed out.

If you're not _____ with what you have today,
you're not going to be _____ with what you
get tomorrow.

Stop _____ yourself to others.

Proverbs 14:30—A relaxed attitude lengthens life;
jealousy rots it away. (NLT)

L_____ to say _____.

Proverbs 20:25—An impulsive vow is a trap; later
you'll wish you could get out of it. (Msg)

A lot of us are addicted to _____.

It's always easier to get _____ than to get _____.

Don't add anything to your life until you say _____ to
something else.

Consider an activity _____.

O_____ the third commandment.

Exodus 20:9-10—Six days a week are set apart for
your daily duties and regular work, but the seventh
day is a day of rest dedicated to the LORD your God.
(NLT)

Rest is so important, it's a _____!

Use your day off for three things:

_____ your body.

_____ your emotions.

_____ your spirit.

If you're too busy for _____, you're too busy.

If you're stressed out, you're not spending enough
time alone with _____.

Psalms 127:2—It's useless to rise early and go to bed
late and work your worried fingers to the bone.
Don't you know God enjoys giving rest to those He
loves? (Msg)

When parents feel _____ out at work it
hurts their children.

W_____ for _____ timing.

Ecclesiastes 3:11—It is beautiful how God has done
everything at the right time. He has put a sense of
eternity in people's minds. Yet, mortals still can't
grasp what God is doing. (GW)

Impatience is a lack of _____ in God.

God has a unique plan and a unique
_____ for your life.

Habakkuk 2:3—These things I plan won't happen
right away. Slowly, steadily, surely, the time ap-
proaches when the vision will be fulfilled. If it seems
slow, wait patiently, for it will surely take place. It
will not be delayed. (NLT)

*Slow me down, Lord. Ease the pounding of my heart
by the quieting of my mind. Steady my hurried pace
with the vision of the eternal reach of time. Give me
amidst the confusion of my days the calmness of the
everlasting hills. Break the tension of my nerves with
the soothing music of the singing streams that live in
my memory. Help me to know the restoring power of
sleep. Teach me the art of taking minute vacations of
slowing down, to look at a flower, pat a stray dog, to
chat with an old friend or make a new one, to watch a
spider build a web or smile at a child or to read a few
lines from a good book. Remind me each day that the
race is not always to the swift. And that there's more
to life than increasing its speed. Let me look upwards
through the branches of a towering oak and know that
it grew great and strong because it grew slowly and
well. Slow me down, Lord. -Wilferd A. Peterson*

Psalms 51:10—God, make a fresh start in me, shape a
Genesis week from the chaos of my mind. (Msg)

“God, I want to give it _____ to you.”

Live It!

What have I been doing that I should stop?

What requests should I say no to in the future?

How will I dedicate a day of rest to the LORD?

What is out of my control that needs my prayers and
patient trust in God?

Prayer Requests/Thanksgivings:

Please **PRINT** or email to BetterLife@WordofLife4u.com

☐ Confidential - for pastor only

These requests/thanksgivings may be removed:

I want to invite the following people to Word of Life .
Please pray for them and me.

RSVP LifeGroups

LifeGroups are home-sized groups where you may ex-
plore the Christ-life together. Connect with people, pray,
serve and learn together!

- ☐ I am regularly involved in a LifeGroup.
- ☐ I'll try out a LifeGroup.
- ☐ I'd like help deciding about LifeGroups.
- ☐ I'd like to lead a LifeGroup.
- ☐ I'd like to help lead a LifeGroup.
- ☐ I'd like to host a LifeGroup in my home.

Name

Preferred Contact