

### **Know Yourself**

Psalm 146 – “Put not your trust in princes, in a son of man, in whom there is no salvation. When his breath departs, he returns to the earth; on that very day his plans perish.”

“We celebrate the first half of life.” - The elderly are often forgotten.

Our lives are so short and temporary. Do you recognize how short your life is?

Psalm 39 – “Show me, Lord, my life’s end and the number of my days; let me know how fleeting my life is. You have made my days a mere handbreadth; the span of my years is as nothing before you. Everyone is but a breath, even those who seem secure.”

Have you known someone who seemed to have it all and then lost their life?

“To turn our fast lives into stillness and our busy minds into solitude is an act of rebellion against the curse that runs through our veins.” – Pretending to be eternal is the original lie.

### **Solitude**

1. Reminds us of our mortality
2. Helps us recover who we are
3. Is the place of struggle and the great encounter
4. Shows us our true value to God
5. Helps us celebrate God’s love for us

***“Be still and know that I am God.”***

### **Unhurried Love**

“Hurry is the great enemy of the spiritual life.”

Jesus had his quiet time and isolated himself to spend time with the Father. But He was also willing to be interrupted when He was needed.

Are you willing to isolate yourself in order to spend time with God? And are you willing to be there for others when you are needed?

“When we use others to meet our needs, we can’t truly love them.” God wants us to be free of the need for the world and each other. Only then can we truly love.

### **Prayer Posture**

1. Remember who God is.
2. Remember who you are.

Keep this order in your life and you start changing and the world around you starts changing.

**Practice** – Can you create a ritual in your busy life to spend time with your Father? 2 minutes