

## WHY PAUSE?

1. BECAUSE \_\_\_\_\_  
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*Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. Exodus 20:8-10 (ESV)*

2. BECAUSE \_\_\_\_\_

*By this everyone will know that you are my disciples, if you love one another. John 13:35 (NIV)*

3. BECAUSE \_\_\_\_\_

*Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. Ephesians 5:15-17 (ESV)*

## HOW DO I LEARN TO PAUSE?

1. \_\_\_\_\_ YOUR DAYS

*Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:12 (NIV)*

*At that time there was a man in Jerusalem named Simeon. He was righteous and devout and was eagerly waiting for the Messiah to come and rescue Israel. The Holy Spirit was upon him and had revealed to him that he would not die until he had seen the Lord's Messiah. That day the Spirit led him to the Temple. So when Mary and Joseph came to present the baby Jesus to the Lord as the law required, Simeon was there. He took the child in his arms and praised God, saying, "Sovereign Lord, now let your servant die in peace, as you have promised." Luke 2:25-29 (NLT)*

2. DO THE \_\_\_\_\_ THINGS \_\_\_\_\_.