

WELCOME

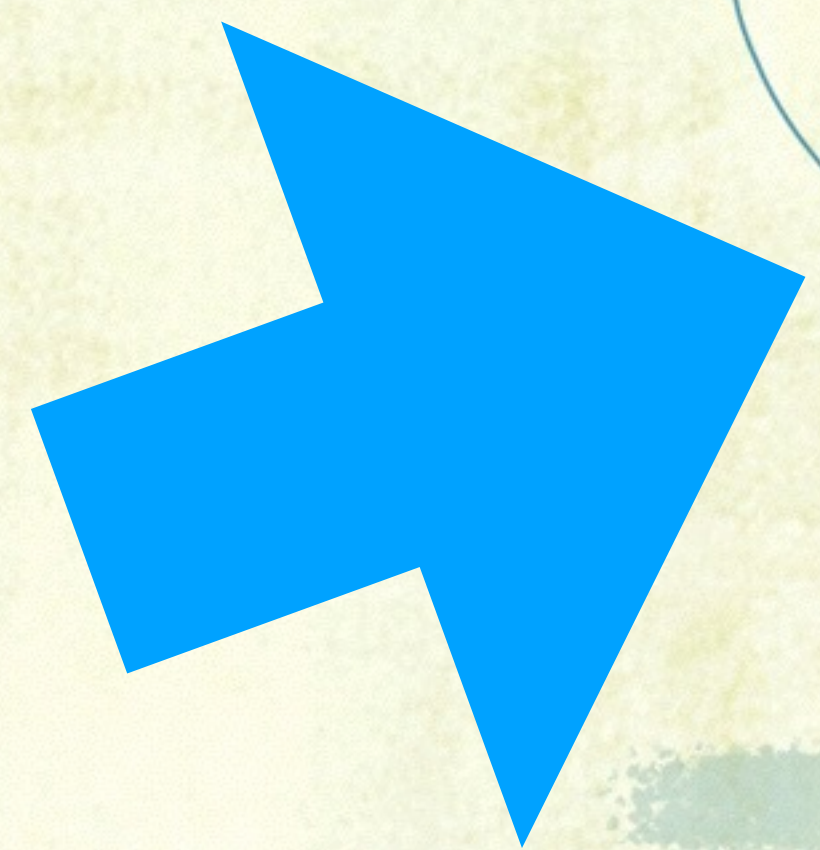
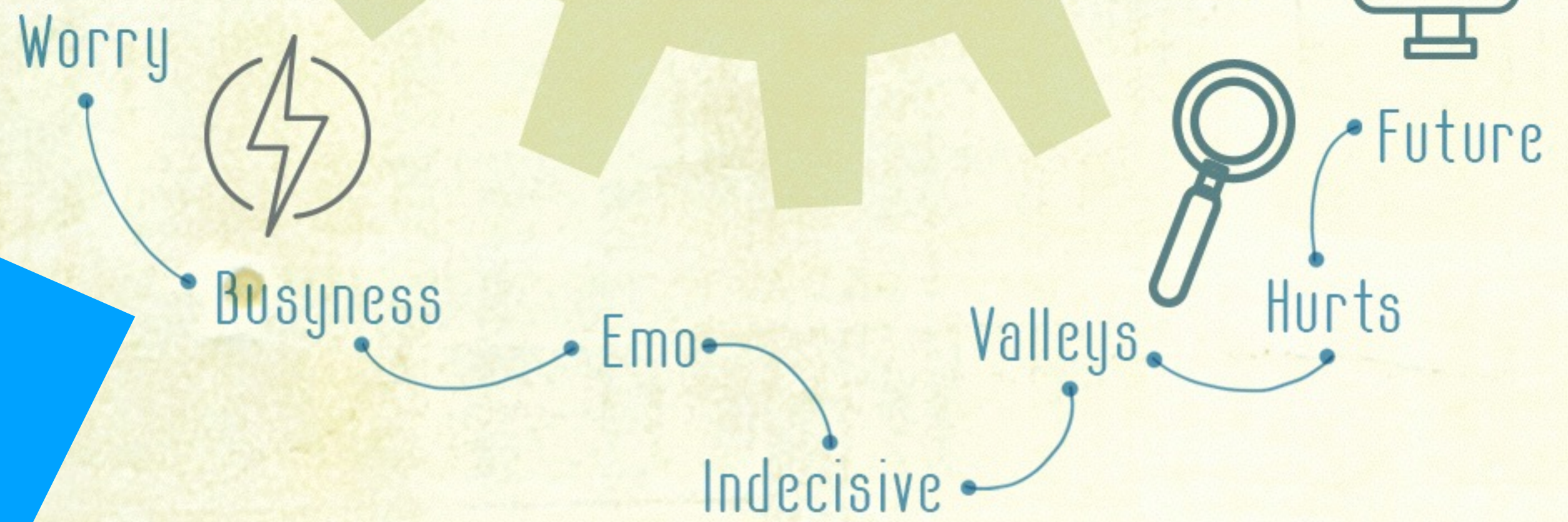
WE EXIST TO
HONOR GOD
MAKE DISCIPLES
#encpHGMD



EVERY NATION
CHURCH · PENANG

ЛИФЕНАСКС
1.0

LIFEHACKS 1.0



Insights from Psalm 23

**HOW TO KNOW
IF YOU ARE BUSY?**



How Busy Are You On The Busyness Scale?

We're all busy! With life, work, and family; balancing it all can be a bit difficult at times. Do you know how busy you are on the busyness scale? Lets find out!



START THE QUIZ!

We're all busy! With life, work, and family; balancing it all can be a bit difficult at times. Do you know how busy you are on the busyness scale? Lets find out!

100



 **Share This**

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On a scale of 1 to 100 (with 100 being the busiest) you're truly a 100! How you fit all of your obligations and tasks into a day is beyond us. From work, to home, and everything in between; you barely have time to breathe let alone relax!

HOW TO KNOW IF YOU ARE A WORKAHOLIC?



1. Are you always in a hurry?
2. Is your "To do" list always unrealistically long?
3. Do you use your day-off to catch up with unfinished work?
4. Has more than one person ever told you to slow down?
5. Do you feel guilty when you relax?
6. Do you have to get sick to take time off?
7. Even if you are sick, you still ...

LIFE-HACKS FOR BUSY-NESS



- WHAT'S GOD'S ANTIDOTE FOR WORRY
- INSIGHTS FROM PSALM 23

Part 2

Psalm 23:2 ESV

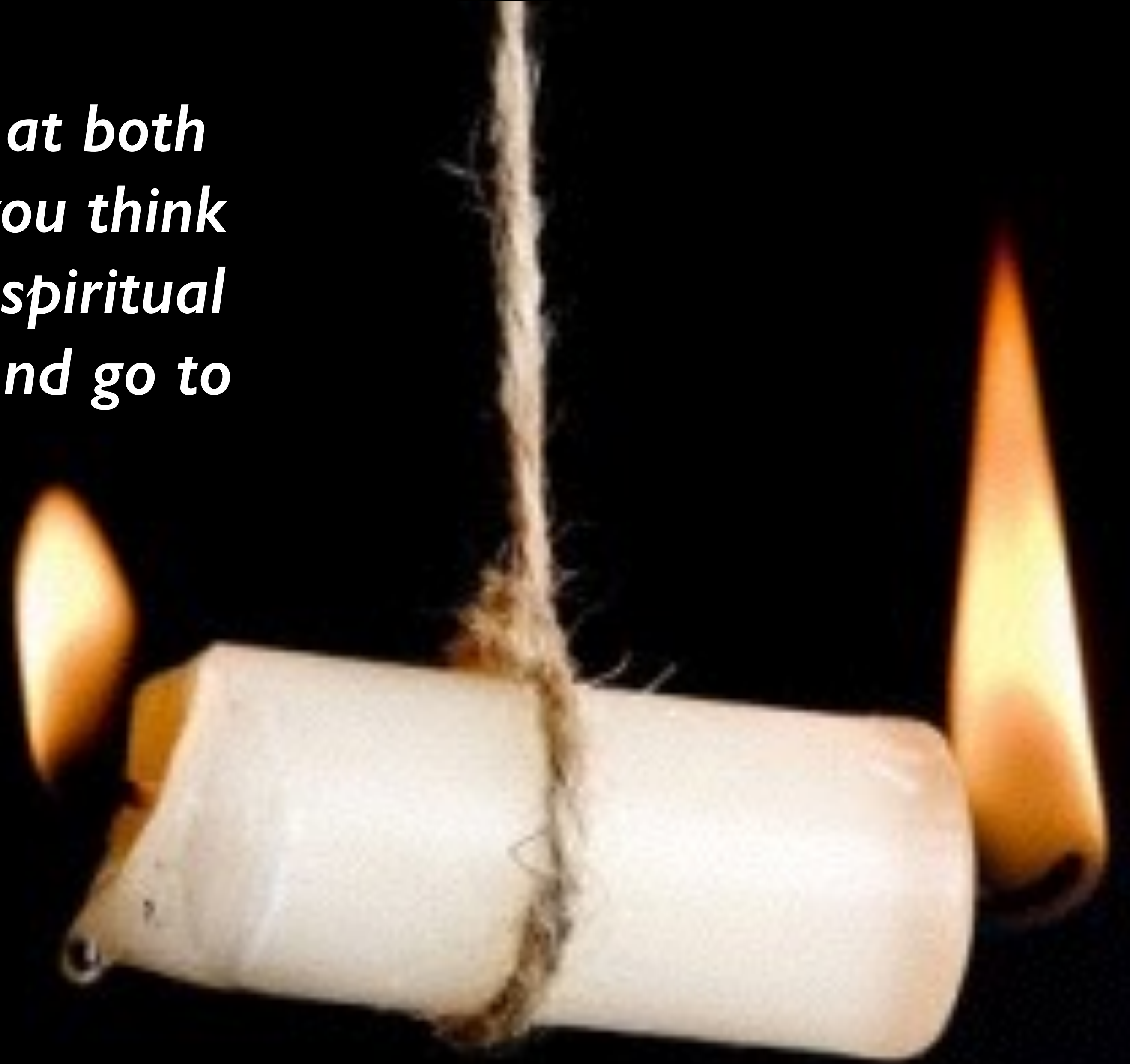
*“He makes me lie
down in green
pastures.
He leads me beside
still waters.”*



Psalm 127:2 LB

It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.”

“If you're burning the candle at both ends, you're not as bright as you think you are. Sometimes the most spiritual thing you can do is go home and go to bed.”



If you're burning
your candle at both
ends... you might
get burned.
Try this instead...



To burn the candle at both ends

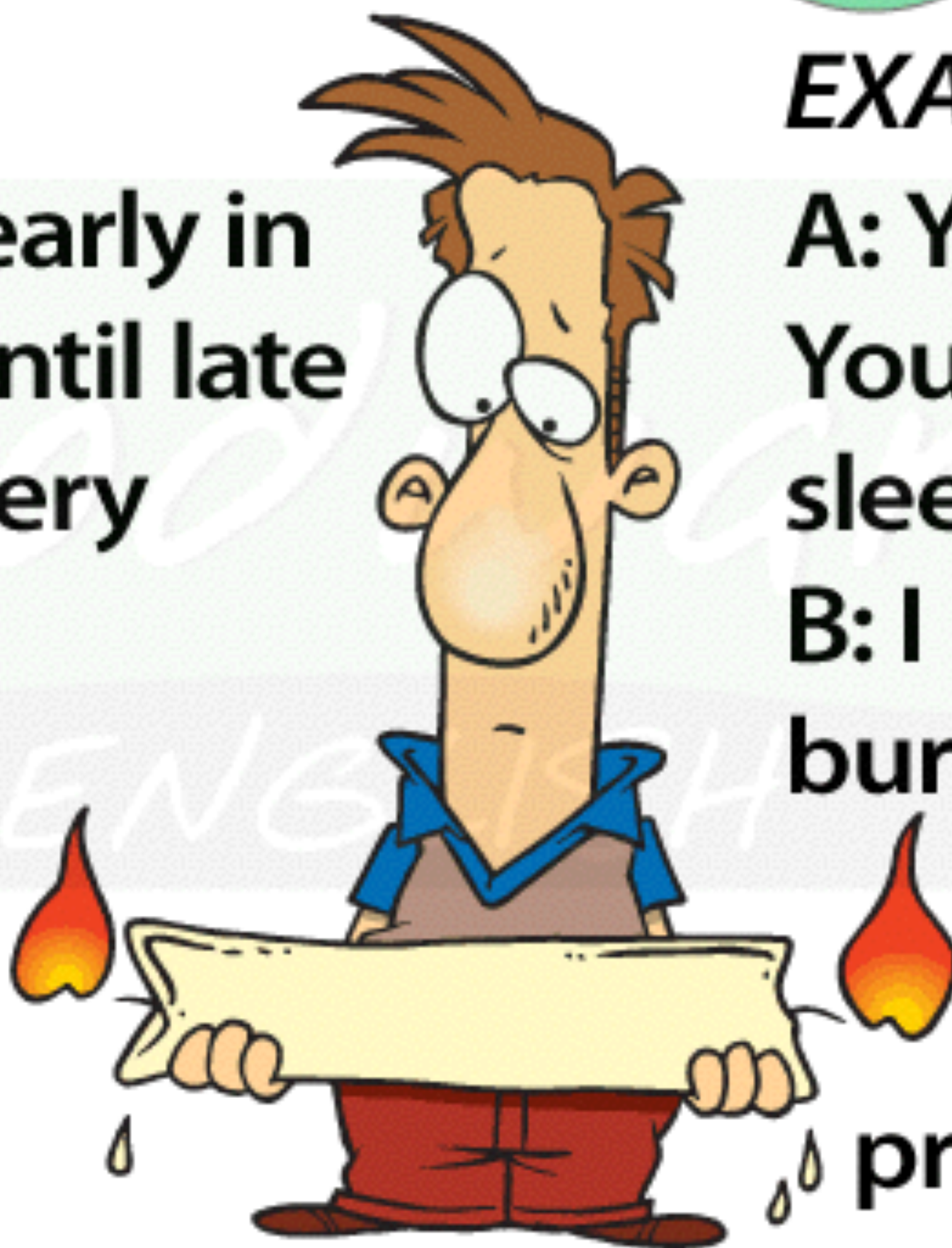


English Idioms

MEANING:

To work from early in the morning until late at night with very little rest.

To work more than you need to or should.
To overwork.



EXAMPLE:

A: You look terrible!
You should get some sleep.

B: I know. I've been burning the candle at both ends trying to get my presentation ready.

Psalm 23:2 ESV

*“He makes me lie
down in green
pastures.
He leads me beside
still waters.”*

How BEST to understand
Psalm 23:2?
What it means to lie down
in green pastures?





WHAT'S THE OPPOSITE OF BUSY-NESS?



HOW DOES GOD WANT YOU TO

R.E.S.T.?



LIFE-HACKS FOR

BUSY-NESS

INSIGHTS FROM PSALM 23

GOD'S WAY TO RELAX



REALIZE
YOUR WORTH

#1

James 1:18 NCV

"God decided to give us life through the word of truth so we might be the most important of all the things He made."

Matthew 6:26 ESV

"Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?"



ENJOY
WHAT YOU ALREADY HAVE

#2

Ecclesiastes 3:13 GNT


"All of us should eat and drink and enjoy what we have worked for. It is God's gift."

Ecclesiastes 4:4 GNT

*"I have also learned why people work so hard to succeed:
it is because they envy the things their neighbors have.
But it is useless. It is like chasing the wind."*

Mark 8:36 ESV

*"For what does it profit a man to gain the whole world
and forfeit his soul?"*



SET

**YOUR LIMIT BY ADJUSTING
YOUR VALUES**

#3

Ecclesiastes 10:15 NLT


"Fools are so exhausted by a little work that they can't even find their way home."

Exodus 20:9-10 ESV

*⁹Six days you shall labor, and do all your work,
¹⁰but 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.*

Mark 2:27 ESV


*And he said to them,
“The Sabbath was made for man, not man for the Sabbath.”*



WHAT'S the BENEFIT WHEN YOU REST?


- *You REST your Body*
- *You RECHARGE your Emotion*
- *You REFOCUS your Spirit*





TURN
YOUR PRESSURE FOR
GOD'S PEACE

#4



WHAT HAPPENS WHEN YOU DON'T REST?

- *Giving you the Bible understanding in Medical Perspectives*

DURING STRESS MODE
YOU WILL RESPOND IN 2 WAYS

FIGHT or FLIGHT

•YOUR
BRAIN :
alert,
focused,
think
clearly;

•YOUR
MUSCLES :
fight off
danger or
run from it
(flight);

•YOUR
HEART :
heart rate
increases;
pumps
more
strongly;

•YOUR
BREATHING :
rate increases,
wind pipe
(trachea) wider;

•YOUR
LIVER :
increases
the amount
of glucose
& fats in
your blood;
stream
energy;

•YOUR
SPLEEN :
contracts
and
discharges
more blood
into your
blood
stream;

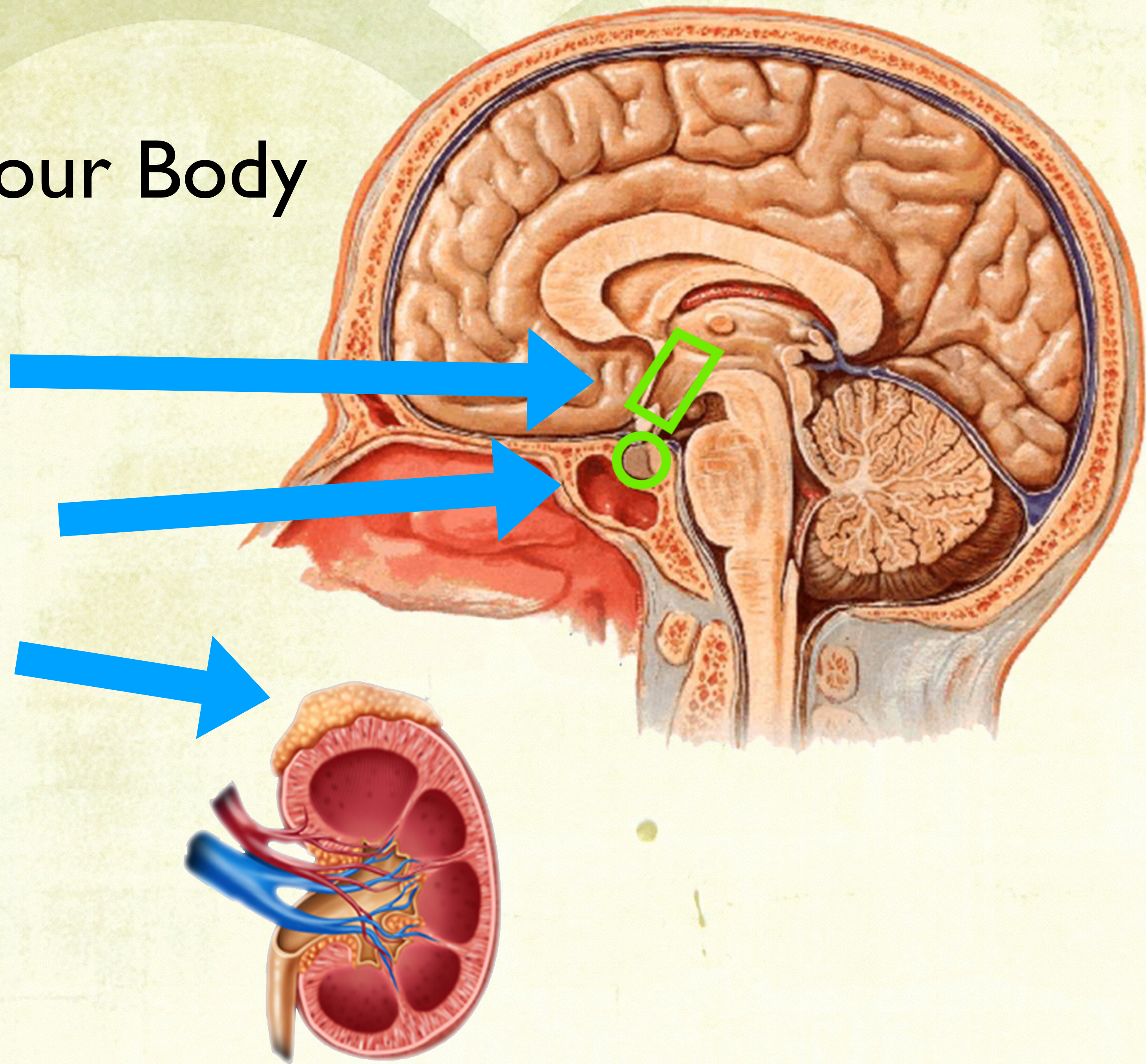
•YOUR
BLOOD : is
directed
away from
your skin
and
digestive
system; sent
to brain,
heart and
muscles;

3 Important Parts of your Body
you need to know

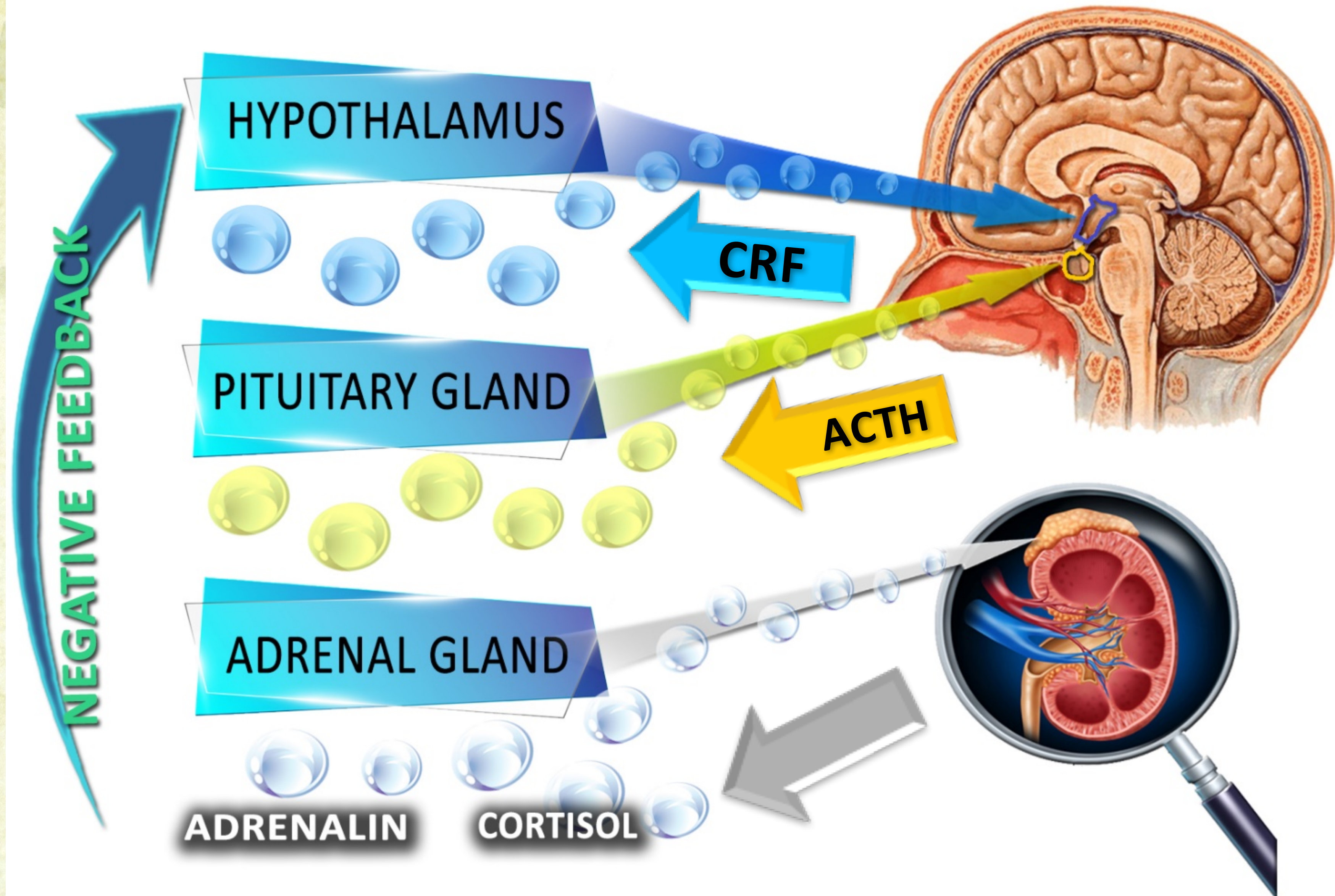
Hypothalamus

Pituitary Gland

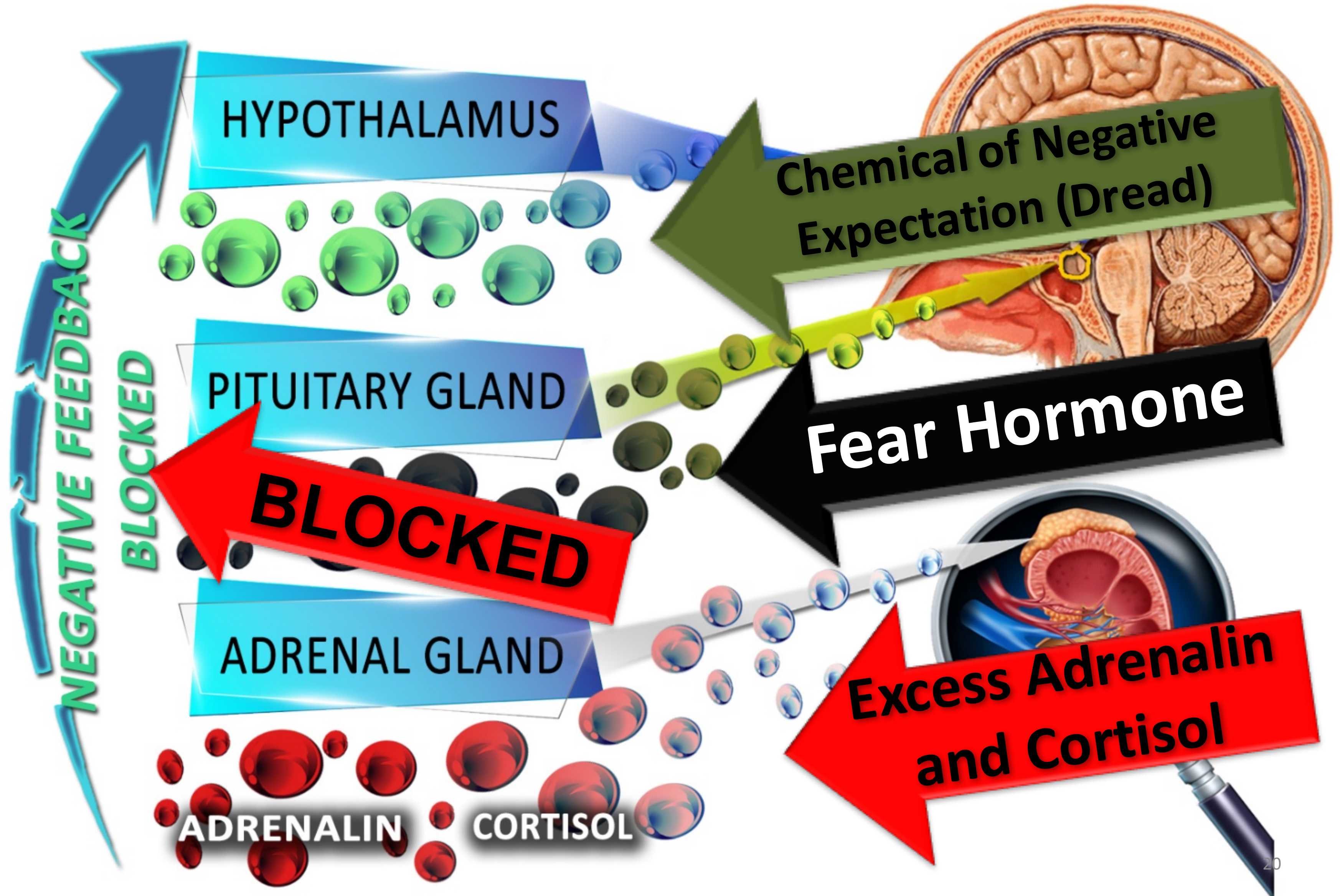
Adrenal Gland



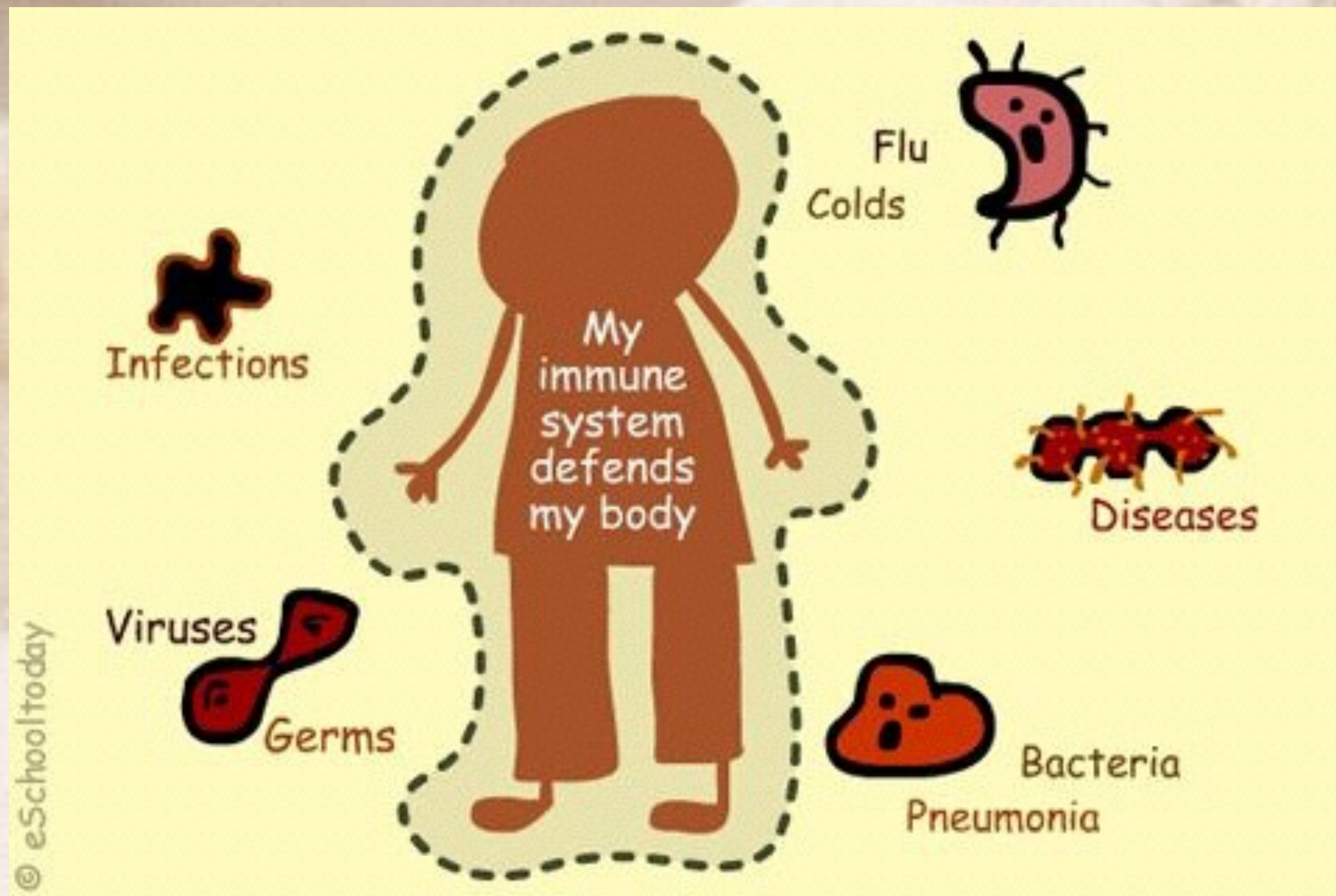
FIGHT/FLIGHT RESPONSE



POISONOUS STATE OF STRESS







- 3 types of Fatigues:
- The Physical fatigue -- tired muscles.
 - The Emotional fatigue -- tired emotions, feelings.
 - The Spiritual fatigue -- a dry spirit.

Psalm 23:2 ESV

*“He makes me lie
down in green
pastures.
He leads me beside
still waters.”*



Matthew 11:28-30 ESV

²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

LIFEHACKS 1.0



Insights from Psalm 23