

# Free To Grow



# Battling busyness

Psalm 127.2 (TLB)

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

Psalm 23.2 (NIV11)

He makes me lie down in green  
pastures, he leads me beside quiet  
waters,

We help each other to know  
our worth

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.

Ephesians 4.29 (NLT)

Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Matthew 6.26 (NLT)

Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?



We help each other to  
enjoy what we have

Ecclesiastes 3.13 (GNT)

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

1 Timothy 6.17 (NLT)

Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment.

Ecclesiastes 4.6 (NLT)

Better to have one handful with  
quietness than two handfuls with hard  
work and chasing the wind.

We help each other to keep  
our lives in balance

Ecclesiastes 10.15 (GNT)

Only someone too stupid to find his way home would wear himself out with work.

Exodus 20.9-10 (NLT)

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.

Mark 2.27 (NLT)

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”



Relax – physically

Recharge – emotionally

Refocus – spiritually

We help each other to  
adjust our values

Ecclesiastes 4.4 (NLT)

Then I observed that most people are motivated to success because they envy their neighbours. But this, too, is meaningless - like chasing the wind.

Mark 8.36 (NLT)

And what do you benefit if you gain the whole world but lose your own soul?

Psalm 23.2 (NIV11)

He **makes** me lie down in green  
pastures, he leads me beside quiet  
waters,