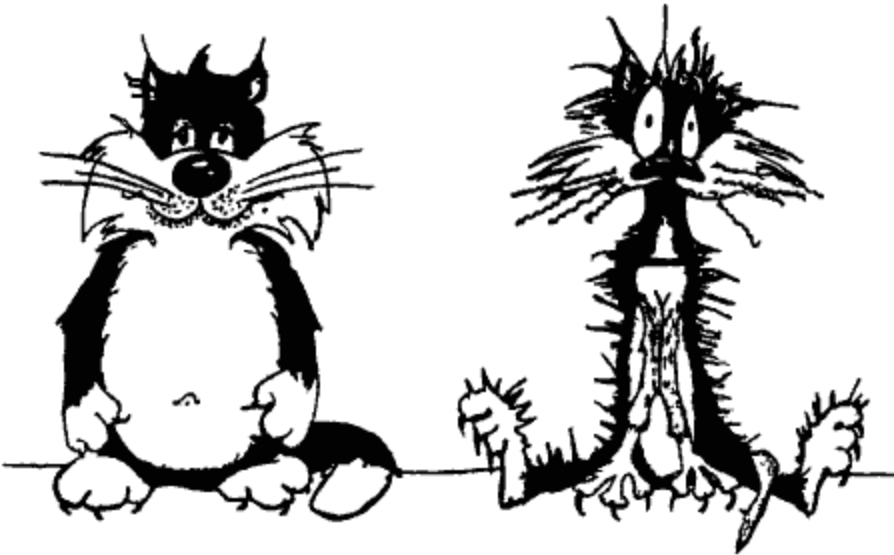


Stopping to Refuel



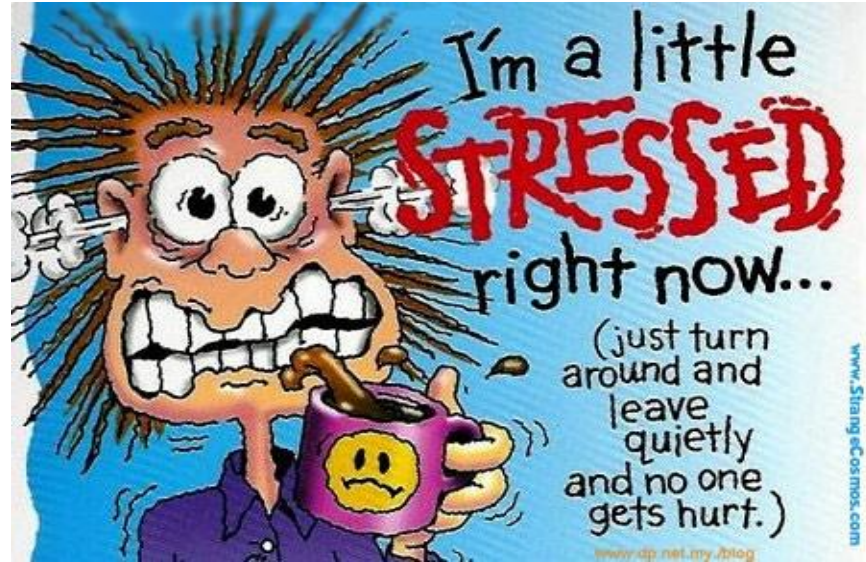


Before Work

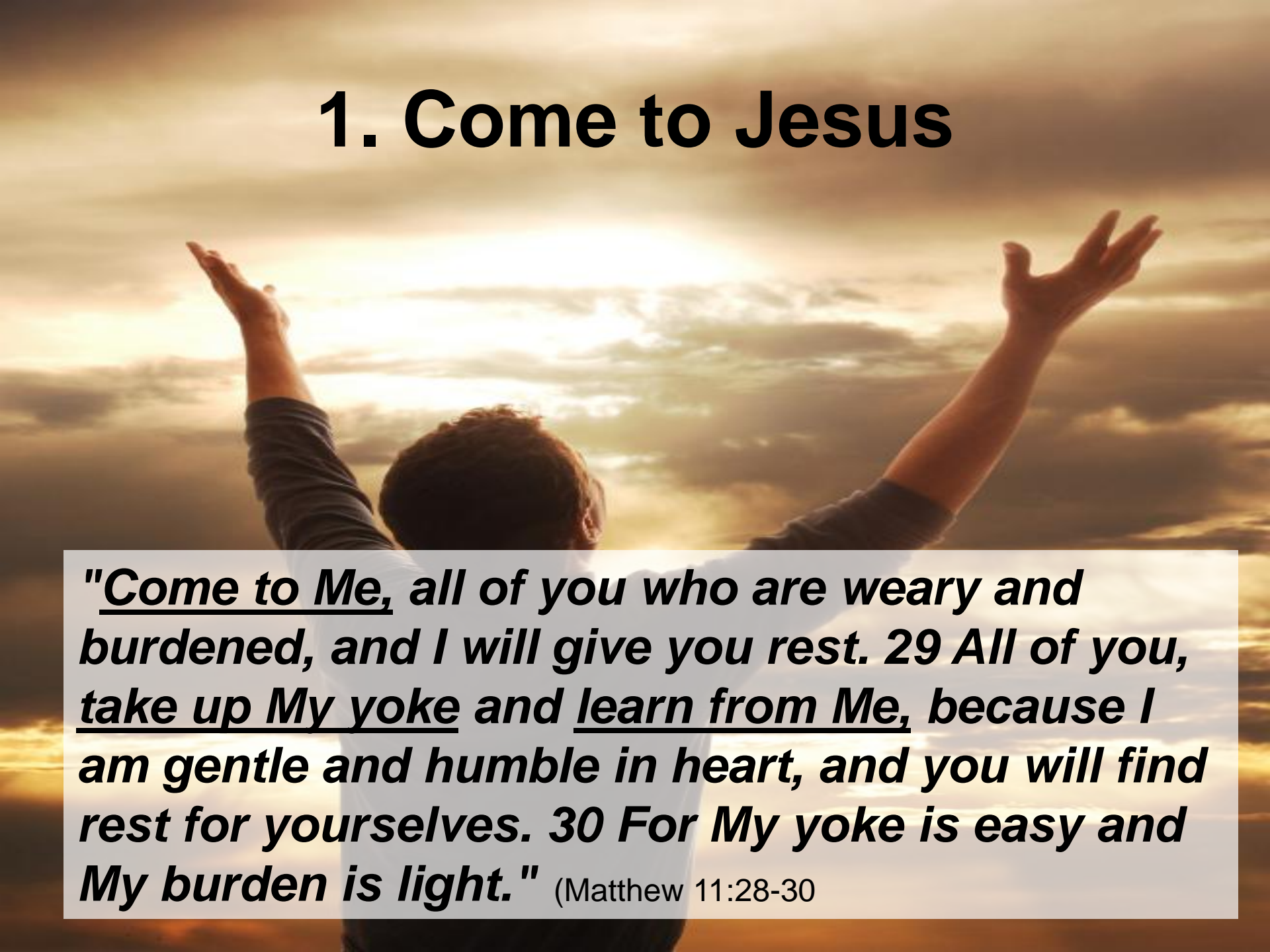
After Work



Do You Ever Feel Overloaded?

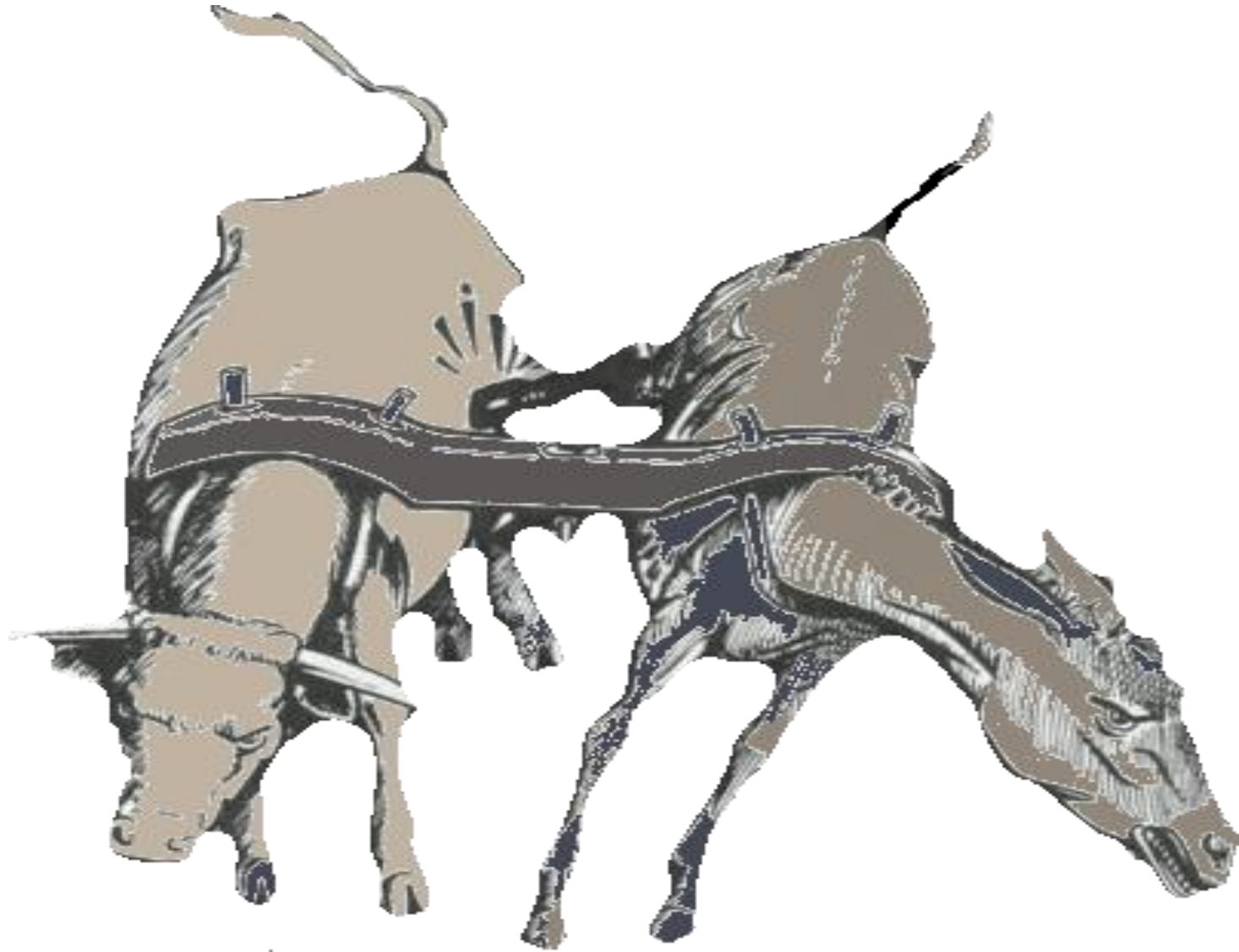


1. Come to Jesus

A person is seen from behind, with their arms raised in a gesture of prayer or praise. They are standing against a dramatic sky at sunset or sunrise, with the sun low on the horizon and clouds illuminated in shades of orange and yellow. The person is wearing a dark long-sleeved shirt.

"Come to Me, all of you who are weary and burdened, and I will give you rest. 29 All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. 30 For My yoke is easy and My burden is light." (Matthew 11:28-30)

2. Give Up Control



3. Learn To Trust



Ways to Reduce the RPMs:

1. Learn contentment.
2. You must listen before speaking.
3. You obey the fourth commandment.
4. Pause and pray before deciding.
5. Trust God's timing.

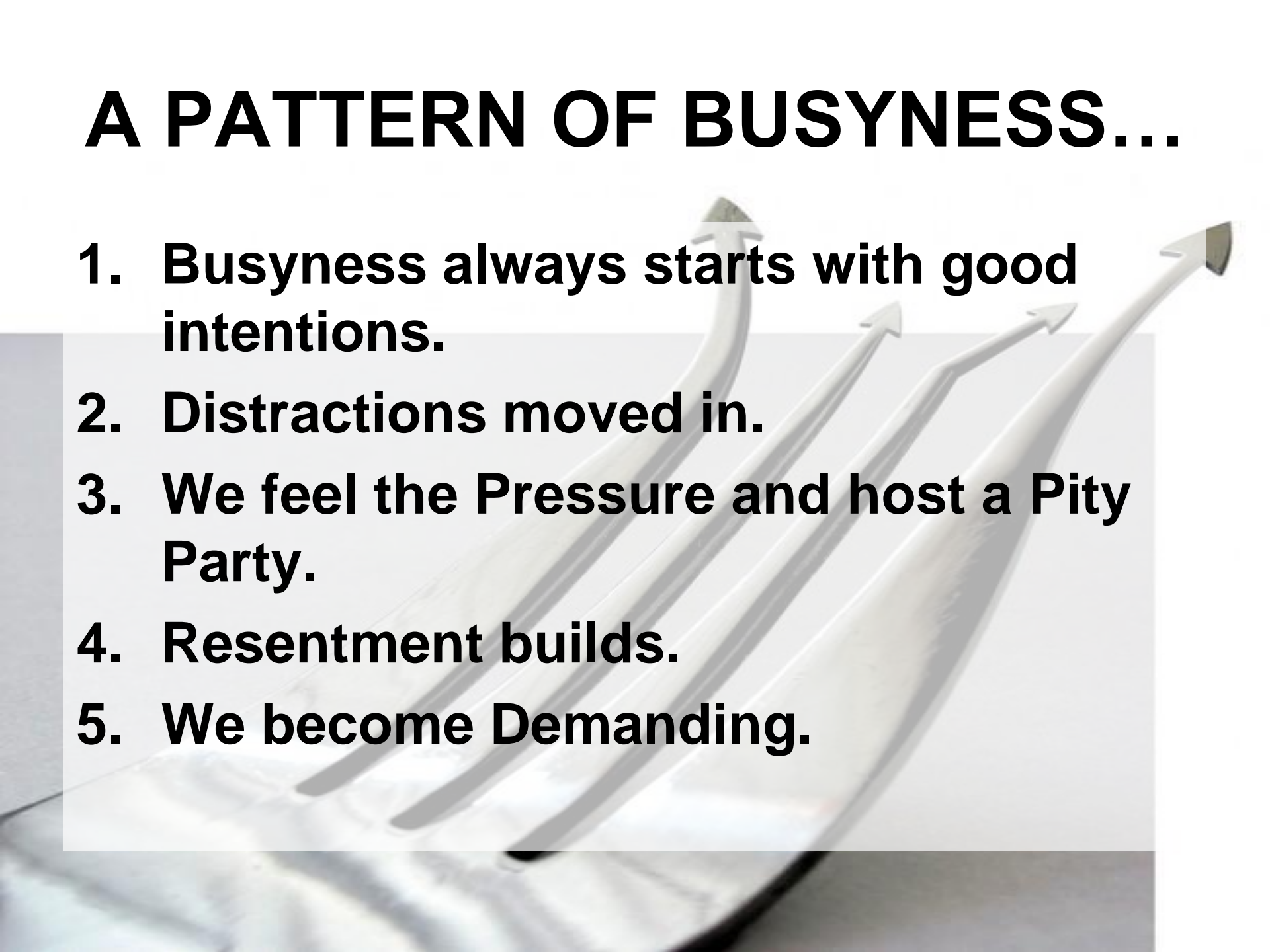


Lies that keep us busy.

- ***“There’s just not enough time to do everything.”***
- ***“It’s just a busy season I’m in right now.”***
- ***“But, this is really important.”***



A PATTERN OF BUSYNESS...

- 1. Busyness always starts with good intentions.**
 - 2. Distractions moved in.**
 - 3. We feel the Pressure and host a Pity Party.**
 - 4. Resentment builds.**
 - 5. We become Demanding.**
- 
- The background of the slide features a close-up, slightly blurred view of a laptop keyboard. Overlaid on this background are four white, 3D-style arrows that originate from the bottom left and point towards the top right. The arrows are arranged in a slightly staggered, parallel fashion, creating a sense of upward and forward movement.

Stopping to Refuel





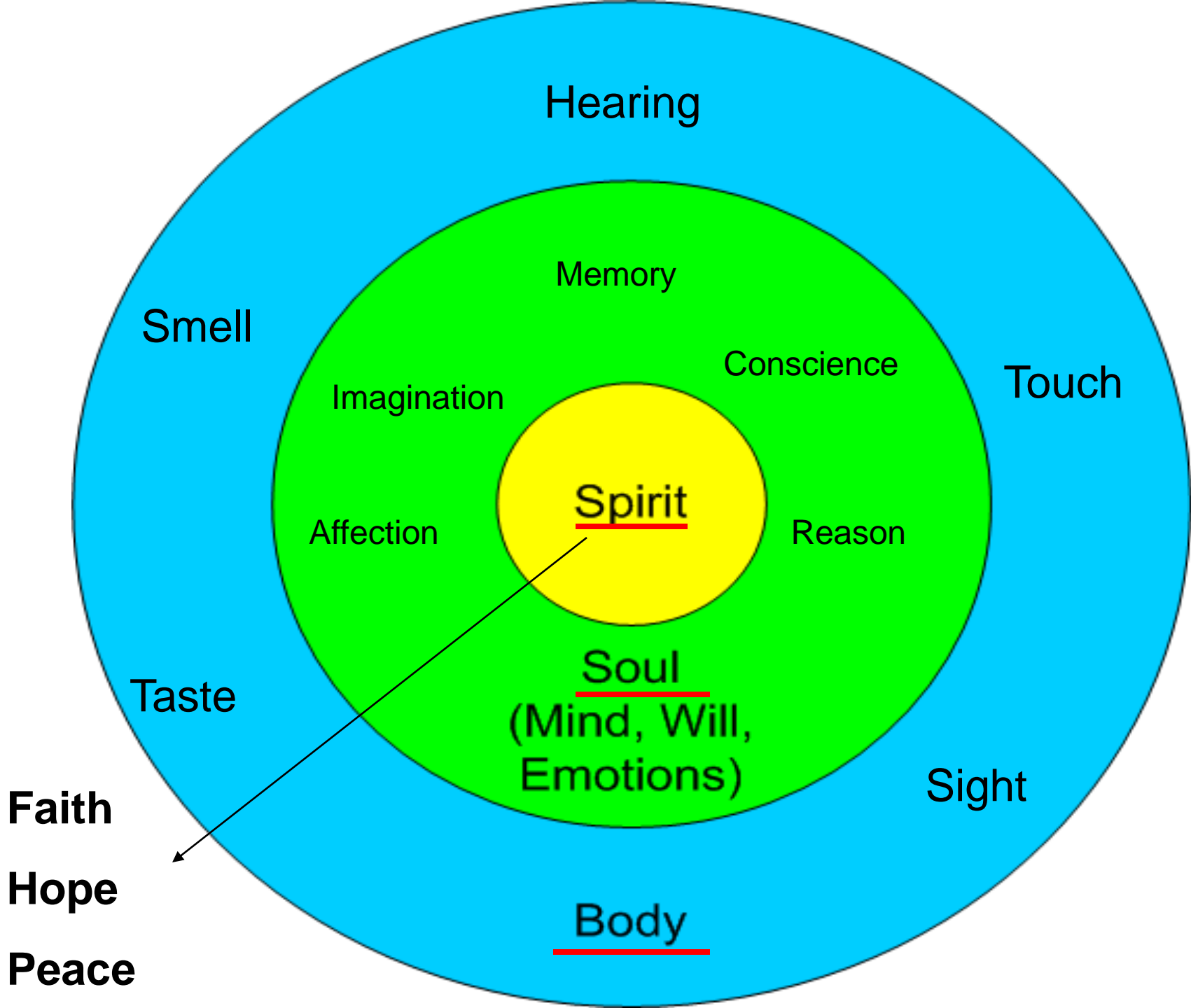
Stopping to Refuel



Stopping to Refuel????

- **Something must Change... I can't keep up this pace.**
- **I need some Soul food.**
- **I just don't have that spark any more!**





A white electric car is shown from a rear three-quarter view, parked at a charging station. A black charging cable is plugged into the car's charging port on the rear left side. The car's red taillight is prominent. In the background, another car is parked, and there are trees and a building. The scene is outdoors during the day.

Every day we need to:

- 1. Stop**
- 2. Be Quiet**
- 3. Get Connected**