

## **LESS IS MORE**

### **I. Less is better than More**

A. Which is better isn't so clear

*Proverbs 15:17*

B. Money = my time plus my energy times my opportunity

C. Base line of Contentment  
*1 Timothy 6:8*

D. What do I do?

1. Build a balanced budget
2. Turn off ads and magazines
3. Value relationships over things
4. Tour a nursing home / go to a funeral

### **II. Slower is better than Faster**

A. It's all about pace

B. Healthy pace has four gears

1. Park
2. Slow
3. Drive
4. Over-Drive

C. Two kinds of rest

1. Sabbath Rest
2. Surrendered Rest  
*Matthew 11:28-30*