



## **WEEK 3**

Busy doesn't mean **BETTER**.

Busy means **FASTER**.

**Romans 12:11-12**

*<sup>11</sup> Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. <sup>12</sup> Be joyful in hope, patient in affliction, faithful in prayer.*

**Isaiah 40:27-31**

*<sup>27</sup> Why do you complain, Jacob?*

*Why do you say, Israel,*

*"My way is hidden from the Lord;  
my cause is disregarded by my God?"*

*<sup>28</sup> Do you not know? Have you not heard?*

*The Lord is the everlasting God,  
the Creator of the ends of the earth.*

*He will not grow tired or weary,  
and his understanding no one can fathom.*

*<sup>29</sup> He gives strength to the weary  
and increases the power of the weak.*

*<sup>30</sup> Even youths grow tired and weary,  
and young men stumble and fall;*

*<sup>31</sup> but those who hope in the Lord  
will renew their strength.*

*They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.*



Our source of **POWER**  
determines what's possible.

**Isaiah 30:15**

*This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."*

Speed adds  
**HEAT.**

**Leviticus 6:12-13**

<sup>12</sup>*The fire on the altar must be kept burning; it must not go out. Every morning the priest is to add firewood and arrange the burnt offering on the fire and burn the fat of the fellowship offerings on it.* <sup>13</sup>*The fire must be kept burning on the altar continuously; it must not go out.*

**SO WHAT?**

**INTIMACY** is built at the speed of a walk, not a race.

**Isaiah 40:10-11**

<sup>10</sup>*See, the Sovereign Lord comes with power,  
and he rules with a mighty arm.  
See, his reward is with him,  
and his recompense accompanies him.*  
<sup>11</sup>*He tends his flock like a shepherd:  
He gathers the lambs in his arms  
and carries them close to his heart;  
he gently leads those that have young.*

**NOTES:**

## How to run the race of life with God:

- 1) Admitting that you, like everyone else, are in need of rescue.
- 2) Asking God to forgive your sins.
- 3) Saying YES to God by trusting Jesus as Savior & Lord.

You can do that right now by simply talking to God in a prayer like this:

***Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I recognize you as Savior; and I choose to run the race with you as my Risen LORD.***

***Help me to make the most of every lap in each area of my life.***

***In Your name, Amen.***

---

## Now What? [For Further Reflection]:

- :: *What areas of your life are marked by the most speed & pressure?*
- :: *Read Isaiah 40. What are some initial observations from this passage?*
- :: *Discuss what God wants to do in our busy lives. Reflect on ways that we can help or hinder His ability to do so. Where are you most at risk?*
- :: *God desires to be our source of power. How can we help/hinder that?*
- :: *Pastor Shawn said, "Speed adds heat." Discuss ways to add "radiators" in life. What's 1 thing you can add/remove to better handle the heat?*
- :: *Invite someone to pray for you & help hold you accountable to do it.*

Unless otherwise noted, today's Scripture is from the  
New International Version [NIV].

Shawn Cossin (@shawncossin) – September 16 & 17, 2017

To listen to this sermon online go to [www.heritageqc.com](http://www.heritageqc.com). Click **Media** then click **Current Series**.

Check out **Pastor Shawn's Blog** at:

[www.liveSENT.today](http://www.liveSENT.today)

<http://livesent.heritageqc.com>



***"...run to win!"***

*- The Apostle Paul, 1 Corinthians 9:24b(NLT)*

## **FAMILY CONNECTION IDEAS:**

*At Heritage, we want to help our families win! So during the “Off to the Races” sermon series, we’re providing ideas each week for you to make every lap count by being more intentional with your time and with the kids in your life. Here are a few suggestions for this week:*

### **Morning Time:**

One of the most important things a child or student can hear is that they matter to you. As your children start their day, take a moment to look them in the eye and say, “I love you” or another phrase your family uses to communicate value.

### **Drive Time:**

Purposeful questions are the best and easiest tool we have as parents to invest in the lives of our kids. Ask some great questions each day during drive time: *What are you excited for today? Are you nervous about anything? Why does that make you nervous (or excited)?* Tip: Adding “why” or “why do you think that is?” to any question helps extend the answer from one word to a conversation and more meaningful connection.

### **Dinner Time:**

Model great friendships by inviting several friends over for dinner. The more the merrier! Consider an intergenerational group. Ask each friend to bring something to add to your Friendship Soup. (*You can search for a friendship soup recipe online.*) Gather around the table, pass some bread and enjoy the “melting pot” of your friendships. Have everyone give an answer to this question: *“What’s your favorite thing about friendship?”*

### **Bed Time:**

At Bedtime, read John 21:1-17. Talk together about the forgiveness Jesus offered to Peter. Discuss how offering forgiveness isn’t always an easy thing to do and why that is. (i.e. someone hurt us or harmed us.) Ask, *if there is anyone you need to forgive?* Pray together and ask God to give each of you the courage to forgive & repair a friendship.

*Have a great week building strong relationships with your family!*

*Ideas adapted from Parent Cue resources by The reThink Group.*



*Want more ideas on how to connect with your child?*



Download the **PARENT CUE APP** for iPhone & Android to gain insights about your child’s age, ideas for connecting & ways to win as a family.



heritageqc.com



/heritageqc



heritageqc