



Way Too Fast

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Ecclesiastes 2:21–23 NLT — 21 Some people work wisely with knowledge and skill, then must leave the fruit of their efforts to someone who hasn't worked for it. This, too, is meaningless, a great tragedy. **22** So what do people get in this life for all their hard work and anxiety? **23** Their days of labor are filled with pain and grief; even at night their minds cannot rest. It is all meaningless.

Ecclesiastes 8:15–17 NLT — 15 So I recommend having fun, because there is nothing better for people in this world than to eat, drink, and enjoy life. That way they will experience some happiness along with all the hard work God gives them under the sun. **16** In my search for wisdom and in my observation of people's burdens here on earth, I discovered that there is ceaseless activity, day and night. **17** I realized that no one can discover everything God is doing under the sun. Not even the wisest people discover everything, no matter what they claim.

Rhythm - the flow of your life, the routines and habits, the quantity of obligations and events and the distance between them

1. PROGRESS doesn't mean PEACE.

- a. Three main tools of progress
 - i. Education
 - ii. Economy
 - iii. Technology
- b. The danger with progress is the idea that progress will bring peace.
- c. We are programmed to think that if we can just ADVANCE, we will arrive at utopia.
- d. PROGRESS DOESN'T MEAN PEACE.
- e. What if we REDEFINED PROGRESS?
 - i. What if we pushed for relational progress?
 - ii. What if we pushed for emotional progress?
 - iii. What if we pushed for spiritual progress?
- f. All of this progress leads us to being overwhelmed.

2. OVERLOAD will always OVERWHELM.

- a. Overload is when you exceed your limits.
 - i. Physical, performance, emotional, mental
- b. LIMITS ARE NOT WEAKNESSES.
- c. LIMITS ARE NOT THE ENEMY.
- d. **Eighteen types of overload we are experiencing today**

1) Activity overload

2) Change overload

3) Choice overload

4) Commitment overload

5) Communication overload

6) Debt overload

7) Decision overload

8) Expectation overload

9) Fatigue overload

10) Hurry overload

11) Information overload

12) Media overload

13) Noise overload

14) People overload

15) Possession overload

16) Technology overload

17) Traffic overload

18) Work overload

3. STRESS is SINISTER.

- a. Stress is not our circumstance, but how we respond to our circumstance.
- b. Mental strain is far more detrimental than physical strain.
- c. **Stress has a face.**
 - i. Depression
 - ii. Anxiety
 - iii. Frustration
 - iv. Anger

d. Stress has mental symptoms.

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| 1) Depression | 6) Feeling things are slipping out of control | 10) Anger and hostility |
| 2) Withdrawal | 7) Negative thinking | 11) Impatience |
| 3) Apathy | 8) Difficulty making decisions | 12) Forgetfulness |
| 4) Mental fatigue | 9) Exaggerated worrying | 13) Confusion |
| 5) Anxiety | | |

e. Stress has physical symptoms.

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| 1) Rapid pulse | 6) Irritable bowel | 11) Unexplained fatigue |
| 2) Palpitations | 7) Tightening of the muscles | 12) Rashes |
| 3) Increased blood pressure | 8) Headaches | 13) Itching |
| 4) Hyperacidity | 9) Weight changes | 14) Insomnia |
| 5) Ulcers | 10) Compromised immune system | 15) Shortness of breath |

f. Behavioral symptoms of stress

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| 1) Irritation with friends and colleagues | 6) Changes in eating or sleeping patterns | 10) Compulsive shopping |
| 2) Bossiness | 7) Accident proneness | 11) Increased use of tranquilizers |
| 3) Outbursts of temper | 8) Reckless driving | 12) Alcohol |
| 4) Withdrawal and detachment | 9) Inappropriate laughter | 13) Cigarettes |
| 5) Sudden tears | | |