

Save the SAHM Podcast-March

Back to Center

Episode #5 – Don't Quit Get Quiet

1. Don't give up

- a. We usually give up right before a victory is about to surface
- b. Press on
- c. Remember why you're doing what you're doing
- d. Stick it to the devil by hanging on and hanging in; he would like nothing more than for you to quit
- e. We are called to be faithful and steadfast
- f. **1 Corinthians 4:1-2** *"This is how one should regard us, as servants of Christ and stewards of the mysteries of God. Moreover, it is required of stewards that they be found faithful."*

2. The power of silence

- a. Research by Psych Central :
 - i. Silence promotes psychological and emotional benefits
 1. Creativity
 2. Awareness of self and environment
 - ii. Silence is good for overall physical health and well-being
 1. Lower blood pressure
 2. Boosts the immune system
 3. Benefits brain chemistry
 4. Lower's stress
 5. Good hormone regulation
- b. Quiet your mind by eliminating mental and external noise
- c. Take time to do some deep breathing
- d. Get alone with God

3. Give in to the voice of God

- a. Matt. 11:28 "Come to me all who labor and are heavy laden, and I will give you rest."
- b. Prayer restores us
- c. His word calls us to rest in Him
- d. His voice whispers peace to us; meditate on His Word

4. Learn to live from/at rest

- a. Be mindful of brain clutter

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- b. Make healthy decisions; say no to the things that cause chaos
- c. Don't over pack your schedule
- d. Live from the fullness you have in Jesus; trade your burdens for His
- e. *Matt. 11:29-30 "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

5. Share what you experience in the quiet

- a. With your family; help them to learn to enjoy quiet times
- b. In a journal for later reflection

Today's Take Away: Power down to power up!

