



January 11, 2026

Ephesians 2:8-9 (NLT) - *God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.*

Learning #1: To fight against hurry sickness, we have to prioritize living deliberately.

Ephesians 2:10 (NLT) - *For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

Ephesians 5:15-17 (NLT) - *So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly but understand what the Lord wants you to do.*

Learning #2: To prioritize living deliberately, we have to prioritize silence and solitude.

Matthew 4:1-2 (NLT) - *Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.*

Mark 1:35 (NLT) - *Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.*

Luke 5:16 (NLT) - *But Jesus often withdrew to the wilderness for prayer.*

Luke 4:52 (NLT) - *Jesus grew in wisdom and in stature and in favor with God and all the people.*

Psalm 1:1-3 (NLT) - *Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.*

But they delight in the law of the Lord, meditating on it day and night.

They are like trees planted along the riverbank, bearing fruit each season.

Their leaves never wither, and they prosper in all they do.

Learning #3: To prioritize silence and solitude, we have to make a plan.

Joshua 1:8 (NLT) - *Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.*

Pick a time.

Pick a place.

Pick a reading plan.