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JUNE 10, 2007

LAW #2: The Law of LEANING

(If you're ready to get off the try harder treadmill; here's how)

(SERIES: THE 4 Laws Of Water-Skiing: 02 of 04)
by Dr. David Foster

“Commit your way to the Lord; trust in Him, and He will act.”
(Psalm 37:5)

- LAW #1: Everyone wears a lifejacket. No exceptions!
- LAW #2: Hold onto the rope, lean back, let the boat do the lifting.

10 Myths Of The Try Harder Treadmill

1. If it won't fit; get a **bigger hammer.**
2. God helps those who **help themselves.**
3. Only the strong **survive.**
4. The early bird catches **the worm.**
5. Early to bed and early to rise makes a person **healthy, wealthy & wise.**
6. He is a **self-made man.**
7. If you can believe it; **you can achieve it.**
8. If you can dream it you **can do it.**
9. If you're not first **you're last.**
10. If it is to be, **it is up to me.**

The downward spiral of trying times

1. Fear leads to **fretting.**
2. Fretting leads to **envy.**

3. Envy leads to **activity.**
4. Activity leads to **getting.**
5. Getting leads to **frustration.**
6. Frustration leads to **discouragement.**
7. Discouragement leads to **depression.**
8. Depression leads to **isolation.**
9. Isolations leads to **despair.**
10. Despair leads to **apathy.**

Letting God do the lifting means . . .

I can **Relax, knowing everything is covered.**

"Be still, and know that I am God . . ." (Psalm 46:10; NIV)

"Come to me and I will give you rest--all of you who work so hard beneath a heavy yoke. Wear my yoke--for it fits perfectly--and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens." (Mat 11:25-30 TLB)

I can **Enjoy the journey.**

"Do not fret because of evil men or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away. TRUST in the LORD and DO GOOD; DWELL in the land and ENJOY safe pasture. DELIGHT yourself in the LORD and he will give you the desires of your heart. COMMIT your way to the LORD; TRUST in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. BE STILL before the LORD and WAIT PATIENTLY for him; DO NOT FRET when men succeed . . ." (Psa 37:3-7 NIV)

I can **Savor this season.**

I can **Trust God's motives and methods.**

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine." (Prov 3:3-10 NIV)