



## Week 2: Learning Unforced Rhythms

**Scripture:** Mark 2:14; Matthew 11:28-30

The greatest enemy to the life that you \_\_\_\_\_ may be the life you're currently \_\_\_\_\_.

If we follow an \_\_\_\_\_ Jesus, then in comparison to the world around us we should be \_\_\_\_\_ an unrushed life.

Most of us are rushed and pushing it because we're either running \_\_\_\_\_ something or running \_\_\_\_\_ something.

You have time for what you \_\_\_\_\_ to have time for.

Get back to the basics

- At the core of all that God calls us is to love, to be loved by him, to love him and to love people on behalf of his love.

**Prayer for this week:** God help me walk slowly enough to experience Jesus fully and love people deeply.

God teach me to...

1. be \_\_\_\_\_ in the moment
2. \_\_\_\_\_ what's important and to \_\_\_\_\_ what's not.
3. \_\_\_\_\_ God's presence and \_\_\_\_\_ His voice.

**Start talking.**

- What activities help you feel truly rested?

**Start thinking.**

- Which part of this message was most impactful for you and why?
- Is it easy or difficult for you to take time to rest? Why do you think that is?
- What three things matter most to you? Why did you choose these things, and how can you prioritize them?

**Start sharing.**

- When life feels rushed, it's usually because we are running from something or running to something. Share a time when you experienced this. What are you often tempted to run to or run away from?
- What will you do to walk slowly enough to experience Jesus fully and love people deeply? How will you know when you're doing this well?

**Start praying.** Be bold and pray with power.

*Father, show us what it's like to be present in the moment. Help us walk slowly enough to experience You fully and love people deeply. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- Take time each day this week to pray: God, help me walk slowly enough to experience Jesus fully and love people deeply.
- Consider how you could love others by serving this week.