



Pace

Satan's Lies

Genesis 3; Mark 8:31-38; John 10:10

God's Truth

Psalms 127:1-2

Q: Is my current pace helping or harming my spiritual health?

Jesus Invitation and my response:

Luke 10:38-42; Matthew 11:28-30

1. Return to God
Isaiah 30:15; James 4:7-10
2. Reorder your life around Jesus
John 5:19
3. Rest in your relationship with Jesus
John 13:23
4. Replace your hectic pace with intentional practices that restore your soul
Psalms 139:23-24

Questions/Topics for this week:

1. Share briefly about your current pace. Is it more aligned with culture's standards or God's pace? How does your pace impact your spiritual well-being?
2. What are some practices that Jesus adopted to resist hurry and maintain His pace with the Father? How can you incorporate intentional practices into your daily life to keep pace with God?
3. Which aspect of Jesus' invitation (Return to God, Reorder life around Jesus, Rest in a relationship, Replace hectic pace) speaks to you the most? Share practical steps you can take to respond to this invitation in your life.

Be Intentional:

Take time during the week to reflect on your pace and spiritual health. Choose one intentional practice discussed and commit to implementing it in your daily life. Share your experience in the next small group meeting.

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.