

# CAUGHT IN THE CURRENT

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## **Pace Yourself – Recovery Rather Than Rush, Rush, Rush**

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1. There are many familiar phrases that describe a fast-paced life: burning the candle at both ends; I'll rest when I'm dead; I have two gears, fast and faster. Do any of these reflect your current lifestyle?
2. What is your greatest obstacle to slowing down your pace?
3. Would you describe yourself as "enslaved" to anything? If so, what?
4. Psalm 46:10 says to, "Be still and know that I am God." What are the benefits of being still before God?
5. Are you connected well enough to God that you can hear Him tell you to say "no" to something or someone? To what or to whom do you need to say "no"?
6. Describe "rest" and how you experience it. Have you ever taken a Sabbath day of rest...a day devoted to the Lord? If so, explain what it was like.
7. Read Philippians 4:6 and Galatians 5:1. According to these verses, what are we commanded to do and not do? Have you ever considered resting as a command before? What is God's promise in Philippians 4:7 if we follow this command?
8. In Mark 8:36, it asks, "What good is it for someone to gain the whole world, yet forfeit their soul?" Do you feel like you may be missing God because you're living a scattered life or running to unsatisfying wells instead of to Jesus? In what ways this week can you adjust your schedule to nourish your soul with Christ?