

CHANGE OF PACE

Pastor Chris Shepperd

BIBLE VERSES

Mark 2:14	Mark 5:21-35
Matthew 11:28-30	Mark 12:29-31
Mark 1:10-12a	1 Corinthians 13:4a

DISCUSSION QUESTIONS

1. How would you describe the pace of your life right now? How does that compare to one year ago? Five years ago? Twenty years ago? Does your current pace feel sustainable for the next 5 or 10 years?
2. When are you most likely to speed up—to increase your pace of life?
3. The average person spends 706 hours on social media a year. The average household has the tv on 2737 hours a year. How much of your time does social media and tv fill? Or maybe there are other things that don't bring rest for your soul that fill your time...what are those things and how much of your time do they fill?
4. Read Mark 2:14. According to the verse, what was Jesus' pace? Who might you miss the opportunity to stop and talk with based on your current pace?
5. Pastor Chris shared the following quote from Craig Groeschel: "The solution is not more time. The solution is more of what matters most." What is your reaction to this quote?
6. Read Mark 12:29-31. According to these verses what matters most? What is at the core of who Jesus was?
7. Read Matthew 11:28-30. In what specific ways would your life look different if you took Jesus' yoke—you let him share the load with you and you let him set the pace?
8. What is one way you can slow down, come to Jesus, take his yoke, and experience rest for your soul this week?

APPLICATION PRAYER

God, help me walk slowly enough to experience Jesus fully and love people deeply.