

WHAT DOES GOD WANT US TO DO?

Quoting Dallas Willard, Pastor Matt said, *“Our souls were not created for the kind of speed which we have grown accustomed to. So consequently, we are a people who live out of rhythm, a people with too much to do and not enough time to do it. Our lives hang on the brink of burnout. Our pace, often destructive. The lack of margin, debilitating. We are worn out. And in all of this, the problem is not just the frantic pace we are living but what gets pushed out in it, which typically is life with God.”*

What practical things can we follow from Jesus’ example when it comes to deliberately spending time alone with God, and resting in his presence?

What are the distractions that will try to find you when you do get away?

Why does prayer sometimes have a clarifying effect when it comes to making big decisions?

What does God want us to do? Flowing out of our reading and interpretation, what action does this passage or the Spirit’s leading, nudging us toward?

WHAT DOES GOD WANT ME TO DO?

Pastor Matt said, *“If the Son of God needed this rhythm of silence and solitude, how much more do we? Like if Jesus Himself withdrew from the crowds to be still, to listen, and to be renewed, what does that say about our own need to step back from the noise? And if He chose quiet places over constant activity, shouldn’t we ask ourselves what we’re missing when we never slow down?”*

What are the culture pressures on you to live a fast-paced and harried lifestyle?

How does the “fear of missing out” impact the speed in which you live?

How would slowing down the pace of your life actually increase your productivity and the accomplishment of your goals?

Take out your calendar, and carve out some time to slow down, simply be with God, and see how a deliberate decision to take your foot off the gas helps to clarify your priorities

What does God want ME to do? What is the personal application and action step is the Holy Spirit is calling you toward?