

more than this.

## **SLOW DOWN**

### **\_ Resting in an age of rushing**

When you hear the word *rest*, what comes to mind? In a culture where the world wears busyness as a badge of honour, how can we live under God's banner of love? Some of us find it hard to simply breathe, struggling to just keep up. Others of us feel too burnt out to even think about rest. We're in survival mode. Exhausted.

God's heart for us to rest isn't designed to be an added millstone of guilt around our necks, to get to His goodness. Rather its an invitation for us to live free and in the fullness of His presence.

**Before starting a discussion spend a moment in Prayer and ask God to help lead your discussions.**

**In the cross, Jesus takes our  
inconceivably and unbearably  
heavy yoke of sin's condemnation  
and penalty, and offers us in  
exchange the easy yoke and light  
burden of simply trusting him.  
He does all the work and gives us  
all the rest.**

# more than this

## Discussion Questions

Take a few minutes to think through some or all of the questions either as an individual or together as a group.

1. Do you think a lack of rest has an impact on your emotions? Your life with God? Your life with others?
2. Following the teaching from Sunday did anything jump out at you?
3. When you hear the invitation of Jesus to Slow down what do we instantly think? Is this possible for you? What's stopping you from doing it? Are you excited to consider ways that you could start the process of slowing down?
4. Sabbath, silence, assessing your schedule, the daily office (regular rhythms to prayer each day) are all areas that we can 'work' on to help us slow down to be present to God, which of these are you drawn to exploring? If not any of these are there other ways in which you would like to explore slowing down?
5. What are your thoughts with regards to the following quote? *'Jesus is not glorified, or seen as beautiful or desirable if His followers are exhausted, stressed and worn out in the exact same way as the rest of the world. A restful spiritual is spiritual warfare in a culture of exhaustion.'* Jon Tyson.

## 3 personal challenges

1. HONESTLY - Out of 10 (10 being you're full of life, 1 being your exhausted) How are you feeling?
2. In what ways does your current pace of life enhance or diminish your ability to allow God's will and presence to reign in your life?
3. IDENTIFY - 3 ways that you could look to SLOW DOWN and make more space in your life to be present with God and with others.

## Practices

Next year we plan on spending more time talking and working through these as a community but for now we encourage you to consider exploring the following ways to help you slow down and practice the presence of God in your lives.

1. **Silence:** Regular times of wordless prayer, being silent in God's presence.
2. **Scripture Meditation:** Small portions thoughtfully and prayerfully reflected on daily.
3. **The Daily Office:** Regular times of short reflection and prayer to re-center and re-rhythm the day. This is done at three or four regular times each day. We suggest setting an alarm to prompt you to pray.
4. **The Prayer of Examen:** Expressions of gratitude, openness, presence, repentance, submission. Once or twice a day until it becomes the norm of thinking and being. You can do this say whilst walking, and as you are looking at the world around you become mindful of God and that this is His creation and with that Frame of mind pray a quick prayer of gratitude.
5. **Sabbath-Keeping:** Weekly, 24-hour time of resting and delighting in God's gifts and presence.