

# SESSION 3: A SLOWER PACE

## •Prayer, Welcome and Review of Busyness Assessment: 20 minutes

•Pray. Introduce yourself again and discuss the findings of the “**Busyness Assessment!**”

## •Session #3 Teaching: Why do we need a slower pace?: 5 minutes

We need a slower pace to experience healthier relationships. These improved relationships will be filled with margin in your schedule and deeper intimacy! You must understand the cause of your busyness as well as the consequences. It is easy to cast blame on busyness without looking at your own heart to see why you might be so busy. To help escape busyness, ask these three questions:

1. *Is the pace of my life really sustainable over a long period of time?*
2. *Do I like the person I am becoming as a result of the pace I keep?*
3. *Am I giving my loved ones my best during this season?*

When you keep an unhealthy pace for too long, the answers to these questions are always no! Notice the warning lights of busyness, learn from past mistakes, and make choices that will result in a better, stronger, and healthier you. Keeping a healthy pace, allows you to value God and the relationships He has for you: And he said to him, “*You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself*” (Matthew 22:37-39).

It is time to make the difficult decisions to un-clutter your life and to make more time for primary relationships.

### Here are some common outcomes of staying TOO BUSY:

**1. Constant clutter:** Rushed lives are often reflected in clutter.

**2. Addiction to speed:** This is when you want everything to go faster and faster in your life. You find yourself spending most of your waking moments fueling the adrenaline rush that comes from juggling your many “essential” priorities.

**3. Extreme multitasking:** Do you try to accomplish too many things at once? Multitasking doesn’t exist. Your brain is not wired to “multitask”. What is likely happening when you multitask is you are simply paying less attention to each “priority” and giving your best to nothing.

**4. Superficial relationships:** Staying on the surface with most of the people you know happens because busyness and a hurried life are the enemies of depth.

**5. Relationship fatigue:** Relationship fatigue is when you have very little or no time for the people closest to you. You may not be superficial, but you’re too tired, drained, and preoccupied to give time to the people who need and deserve it most.

**6. Spiritual emptiness:** This can be seen when your desire for worship disappears, your compassion dries up, and you have little concern for spiritual intimacy with God.

It can be discouraging to see yourself in these descriptions. You are not alone, but don't allow the commonality of a fast pace become an excuse for ignoring these signs. Busyness won't simply resolve or disappear on its own. What will disappear is any hope for an abundant life. Knowing is the first step to making changes to your life. Do not try to fix all this on your own. Ask the Lord for help: *"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths"* (Proverbs 3:5-6).

### ***Small Group Discussion: 20 minutes***

**Review what those closest to you had to say about your "Busyness Assessment."**

*•Were there any surprises?*

**Reread the 6 common outcomes of being too busy and discuss...**

*•Which one reflects your current state most?*

*•How do you want to improve?*

### ***Small Group Wrap-Up: 10 minutes***

*•What were the biggest take-aways and personal commitment from your small group time?*

*•What is ONE thing that you will do different this week in order to make needed changes that came up in today's study?*

### ***Discuss This Week's Homework: 5 minutes***

**Focus on the LIFE Journaling Method and it will give you more insight to become less busy!**

*•Pray about your commitment to this study and rethink what you want to get out of it.*

# SESSION #3

## WK. 3 DEVO 1

### Re-Read Genesis 2

**L=Listen** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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**I = Investigate** the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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**F=Focus** to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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**E = Engage** God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

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# SESSION #3

## WK. 3 DEVO 2

**Read Matthew 11:25-30**

**L=Listen** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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# SESSION #3

## WK. 3 DEVO 3

### Read Hebrews 4:1-13

**L=Listen** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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# SESSION #3

## WK. 3 DEVO 4

**Read Mark 9:42-50**

**L=Listen** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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