

Slow down and lead (live) with integrity

SMALL GROUP NOTES

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Intro

On Sunday Tom spoke on the last principle of The True You series. Looking at the profound point that following Jesus means we are choosing to follow a God that's not panicked or in a hurry and he calls us to be the same.

Scriptures

- Genesis 2:1-3
- Isaiah 30:15-16

Overview

Tom spoke on this final principle of slowing down & living with integrity, we looked at how this is actually a very counter cultural way to live. The pace of life is incredibly fast in our day and age, we need to learn to be like Jesus and slow down.

In order to this Tom showed us three ingredients to help us grow in this principle:

1) **Structure**

Putting a structure in our place will help us pace our lives, not been busy out of pride or laziness but finding time to rest in God. We can build this structure by thinking through our annual plan, monthly plan, weekly plan & daily plan. So we can be a people to focus on the important things rather than the urgent things.

2) **Sabbath**

The Sabbath was introduced right at the beginning of creation, set apart as a holy day. God rested after 6 days of working in creating all things he then on the 7th day rested. We are commanded by God to imitate him in the Sabbath. We find when we do stop we:

- a) Stop to experience his grace
- b) Stop to embrace our limits

3) **Silence & Solitude**

To slow down is a biblical principle & actually is all to do with integrity! We need to be intentionally silent & alone with God. This isn't even about praying but listening

Questions for discussion

1) Are you a 'busy' person? Do you ever structure in unhurried time with God annually, monthly, weekly & daily?

2) How can you grow in making use of the Sabbath?

Use the below table to help you see the difference between Sabbath & work

SABBATH	WORK
Surrender	Being active
Letting go	Engaging life
Being	Doing
Mary	Martha
Contemplative	Active
Retreating	Advancing
Tasting eternity	Engaging in human history
Home	Journeying through life
Slowing	Moving
Attentive to God	Intentional with God
Floating in the river	Swimming in the river
Desert	City

3) How intentional are you at having time of silence and solitude? How could you structure this into your week?