

**FOLLOWING JESUS IS SIMPLE—IT'S JUST NOT EASY!**

**Sticky Statement:**  
**Your PACE of life will always impact your  
intimacy with CHRIST.**

**Margin = is the space between my life & my limits.**

**HURRY HURTS US:** Hurry increases my stress. Hurry decreases my joy,  
Hurry produces shallow connections in my relationships. Hurry keeps us  
distant from God.

"Hurry is the great enemy of the spiritual life." Dallas Willard.  
"Hurry is not of the devil—Hurry is the devil." Carl Jung

**3 ways we can walk at the pace of Jesus.**

**1. YOU HAVE TO SLOW DOWN, TO \_\_\_\_\_ CLOSE  
TO GOD. V35-37**

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house  
and went off to a solitary place, where he prayed.<sup>36</sup> Simon and his companions  
went to look for him,<sup>37</sup> and when they found him, they exclaimed: "Everyone is  
looking for you!" V35-37

You will never "busy" your way to God.

**2. YOU HAVE TO BE STILL, TO \_\_\_\_\_ GOD'S VOICE.  
MARK V38-39, PSALM 46:10**

**YOU CAN'T POUR OUT, IF YOUR DON'T FILL UP.**

Before Jesus went to do the will of God ... Luke 4:1-2, 14-15.  
Before Jesus made important decisions...Mark 3:13, Mark 1:37-39

"and when they found him, they exclaimed: "Everyone is looking for you!"  
<sup>38</sup> Jesus replied, "Let us go somewhere else—to the nearby villages—so I can  
preach there also. That is why I have come." <sup>39</sup> So he traveled throughout  
Galilee, preaching in their synagogues, and driving out demons." **Mark 1:37-39**

"Be still, and know that I'm God." Psalm 46:10,

**INTIMACY WITH JESUS = SLOW YOUR PACE + PICK A  
PLACE + LISTEN FOR HIS VOICE ...ENJOY HIS PRESENCE.**

<sup>6</sup> "Here's what I want you to do: Find a quiet, secluded place so you won't be  
tempted to role-play before God. Just be there as simply and honestly as you  
can manage. The focus will shift from you to God, and you will begin to sense  
his grace. " Matthew 6:6 Msg bible

**What does your soul need to say to God?**

**3. YOU HAVE TO GIVE UP, TO \_\_\_\_\_ REST.  
MATTHEW 1:28-30**

"Come to me, all you who are weary and burdened, and I will give you rest.  
Take my yoke upon you and learn from me, for I am gentle and humble in  
heart, and you will find rest for your souls. For my yoke is easy and my burden  
is light."

**Relational Discipleship Moment:**

**WALKING AT THE PACE OF JESUS**

**"Come to me, all you who are weary and burdened, ...Take my yoke...  
learn from me...you will find rest for your souls." Matt. 11:28-30**

Are you ready to walk at the pace of Jesus and lay down your YOKE  
and TAKE UP HIS so that you can find REST for your soul?

What "Yoke" do you need to lay down this morning?

What circumstance(s) in your life are you going through right now  
that you sense Jesus is calling you to COME TO HIM and TAKE HIS  
YOKE and LEARN FROM HIM— so that HE might get through what  
you're going through and find rest for your soul?

Take a few moments and share the "yoke" Jesus is calling you  
to lay down this morning with a few people around you.