



Like Jesus Pace

Luke 8.40 - 48

Now when Jesus returned, a crowd welcomed him, for they were all expecting him. Then a man named Jairus, a synagogue leader, came and fell at Jesus' feet, pleading with him to come to his house because his only daughter, a girl of about twelve, was dying. As Jesus was on his way, the crowds almost crushed him. And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped. "Who touched me?" Jesus asked. When they all denied it, Peter said, "Master, the people are crowding and pressing against you." But Jesus said, "Someone touched me; I know that power has gone out from me." Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace."

If we are going to be people that Jesus uses, we must be –

Available
Attentive

Three steps to living at a healthy pace –

Re-think
Reset
Rest

Questions to determine your pace

Re-think

- What do I want to be about in this life?
- Does my current pace allow me to accomplish that goal?
- What is the one thing God has entrusted me with that only I can fulfill?
- Does my time spent reflect well on that objective?

Reset

- If someone were to step into my life and evaluate my priorities against the way I spend my time, what would they find?
- What is one thing you can do this week to move you closer to the person you want to become?

Rest

- Spend some time digging into why you are not allowing yourself to rest.
- Am I the sinking lifeboat, trying to help everybody else and not taking care of myself?
- If God placed an opportunity to serve someone who was hurting in my life, am I ready to respond?
- What boundaries can you put in place this week to 'turn off' the urgent and focus on the important?



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