

SETTING THE PACE

HEALTHY RHYTHMS IN A FAST MOVING WORLD
OCTOBER 7 - NOVEMBER 4

Week 1: The Jesus Pace

Message Notes, Scripture, & Questions
can also be found on the
YouVersion Bible App under Events.



Digging Deeper: Group Questions & Personal Reflection

1. Can anyone quote the mission statement for our church? (mpcc.org/vision) What does it mean? How does it fit with the topic for this week?
2. Could anyone relate to the picture of Fred and Wilma in the sermon? What details can you recall about their lives that reflect your own reality? How many of these details are unhealthy? How do they distract you from fully following Jesus?
3. Are you spending time with your Father? If you do, are you throwing Him the scraps of your day? Are you genuinely connecting relationally with God? Do you hear his resolute voice over the normal of your life – “Quiet, settle down”.
4. Alan shared three statements about rest. 1.) Your rest will always be opposed. 2.) Be ruthless about rest. 3.) The reward is the presence of God. Which of these resonate with you? Discuss.
5. The Jesus pace was relational and it was all about peace. Re-read Mark 4:39. Please share what situations in your life today require these words to be spoken over them.