

SLOWING DOWN

Read through this exercise and practice the intentionality of slowing down.

1. On a scale of 1-10, how tired are you? Take a moment to actually pick a number in your mind. Maybe you've already enjoyed some down time this summer, so you feel like you're only a 3-4, then you may want to think of what more active seasons feel like. For others, you may be at 11/10. Either way, the point is to be soberly honest about the condition of your life. So, take a moment to reflect and pick a number. Now you read through the below passage the first time, with your number in mind, let's imagine Jesus speaking these words personally to us.

Jesus said: "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11:28-30

Reflect quietly for 30 seconds.

2. What's the word or phrase that most catches your attention? Which part of this invitation feels specific to your life right now? As you read for a second time, pick one word or phrase to focus on and then take a moment to reflect on what it means to you right now.

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3. What's one thing you could change this week to respond to this invitation? Get serious about this, because maybe just maybe there's one change Jesus is calling you to that could change everything and help you to live more of the life that he's always wanted for you. So, read once more, take a moment to consider and commit to one change you could make in your life this week.

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