



Summary

- Key point 1. **Choosing what's important** (Matt 11:28 MSG)
 - "Get away with me and you'll recover your life. I'll show you how to take a real rest."
- Key point 2. **Prioritising God's presence** (Matt 11:29 MSG)
 - "Walk with me and work with me - watch how I do it."
- Key point 3. **Being present in the moment** (Matt 11:29 MSG)
 - "Keep company with me and you'll learn to live freely and lightly."

Jesus had incredible pressure upon him and yet lived an unhurried and present life. He invites us to join him in this better way.

Questions:

Conversation Starter

1. 'Hurry is the great enemy of spiritual life in our day'. Do you agree with this?

Start thinking and sharing

2. Do you feel that your life is centred around the important things you want to prioritise? If not, what is the biggest barrier to this?
3. Do you believe that technology (e.g. your phone) affects your spiritual life and ability to be undistracted and present?

Start praying

4. Heavenly Father, we recognise that often we live hurried and distracted lives. Please show us this week how we may walk in your invitation to your unforced rhythms of grace. Amen.

Start doing

5. What one thing could you start doing this week to slow down in order to be more present to God and one another? What would it look like to realistically integrate this into the priorities you already have?