

Follow Me

Pace Like Jesus



MAIN IDEA

In a culture that glorifies hustle and hurry, following Jesus means choosing a different pace. Jesus was never in a rush, even in moments of crisis. He walked, prayed, and moved with intention rooted in the presence of God. In this episode, we reflect on what it looks like to slow down and match the pace of Jesus, who shows up in the storms not with urgency but with peace. Living the Jesus way means reevaluating the speed and pressure of our lives and learning to walk at the pace of love, trust, and margin.

DISCUSSION QUESTIONS

1. How would you describe your current pace of life?
2. In what ways does our culture glorify busyness?
3. What's the dark side of constant hurry?
4. What changes could help you slow down and walk with Jesus more intentionally?

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The Call

PRACTICE

1. Take a slow walk.

Once this week, go on an unhurried walk without your phone. Let it be a time to breathe, pray, and notice what you usually rush past.

2. Choose margin.

Say no to one non-essential commitment this week. Use that time to rest, reflect, or be present with someone you love.

3. Set a new rhythm.

Pick one time each day to pause and be still with God—even just five minutes. Let that moment become your anchor of peace.

SCRIPTURE

John 6:18–19

MARK 6:48–51

NOTES
