



Following JESUS

DISCUSSION QUESTIONS

Week 4: His Pace Leads to Peace

QUESTION 1

This week, we continued our sermon series on following Jesus by exploring the second principle, which reminds us that walking at His pace brings peace. According to Merriam-Webster, the term “pace of life” refers to the speed, or tempo, at which daily activities, events, and changes occur. Over 50% of people describe their pace of life as rushed, and among this group, 92% feel that their fast-paced life affects them psychologically, while 93% believe this trend will continue. A fast-paced life often results in feeling "tired but wired," leading to poor sleep and overreacting to everyday stressors. Take a moment to discuss your pace of life: how often do you feel rushed? Would you like your life to slow down?

QUESTION 2

The phrase "pace of life" was first used in 1976, so you won't find it in the Bible. However, by observing Jesus, we can learn a lot about His pace of life. Jesus did not let life's demands control His pace. He often withdrew for solitude and prayer. **Mark 1:35: "Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place, where He prayed."** **Luke 5:16: "But Jesus often withdrew to lonely places and prayed."** **Matthew 14:23: "After dismissing the crowds, He went up on a mountain by Himself to pray."** Jesus' pace of life was deeply shaped by His desire to withdraw and pray. Jesus prioritized time with God and experienced the renewed strength promised in **Isaiah 40:31: "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."** Pausing, stopping, and retreating for prayer will influence your pace of life. Take time to reflect on this as a group, and discuss whether you feel you need to withdraw more often to seek God, and when and how you might do that.

QUESTION 3

Generally, when we talk about the pace of life, we focus on slowing down or avoiding moving too fast. But there are those who, if they want to follow Jesus, need to pick up the pace and add urgency. We see this in **Matthew chapter 8**, where Jesus's urgency might seem a bit harsh.

Matthew 8:21-22 (NLT) Another of his disciples said, “Lord, first let me return home and bury my father.”²² But Jesus told him, “Follow me now. Let the spiritually dead bury their own dead.” As you read these verses, remember that the man's father might not yet be dead. In this context, he was asking to stay home and care for his father until his eventual death, which could be years away. Additionally, some scholars suggest he may have been asking to wait until the body decomposed (a year later) before placing the bones in an ossuary, a common practice at the time. One thing we can be sure of is that Jesus is saying there's no reason to delay following Him; it's a matter of the highest priority and should be undertaken with urgency. This doesn't mean you should skip your parents' funeral, but it does mean going to the funeral as a follower of Jesus. Do you understand what it means to pick up the pace and truly begin to follow Jesus? Tell the story of a time when you recognized this in yourself. What did you do? How did it work out?

QUESTION 4

His pace leads to peace. When we think of following Jesus, we should remember He promises us peace and rest. **John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.** Take some time to discuss this verse as a group, make sure to include your experience with the peace of Jesus.

QUESTION 5

Please take a moment to dwell on this verse as well. **Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest.²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.³⁰ For my yoke is easy and my burden is light.”** In this passage, Jesus addresses His yoke. Similar to how a yoke joins animals, the yoke of a rabbi bound a disciple to their master. In first-century Jewish tradition, the "yoke of a rabbi" refers to a rabbi's specific interpretation and application of the Torah, which his disciples adopted as their way of life. It represents the set of rules, traditions, and teachings that followers were expected to live by to walk in their rabbi's footsteps. Which would include their pace of life. With this understanding, take some time to discuss this verse and how it applies to your current season of life.

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