



Following JESUS

LEADER'S NOTES

Week 4: His Pace Leads to Peace

Again, I want to thank you for leading a community group or anyone involved in the discussion of these questions.

QUESTION 1

The first question is designed to gauge your group's understanding of the phrase "pace of life." It also asks your group members whether their pace of life needs to be adjusted.

QUESTION 2

The second question concerns Jesus' pace of life. I included three verses that demonstrate Jesus would often withdraw to seek God. The question then asks your group members if they need to adopt this practice. The central point of the question asks when and how they would include more time in prayer. The best way to lead this question would be to use your life as an example and share when and how you might include pausing for prayer. I do think all of us could benefit by pausing to pray. You might decide to pause at the beginning of every hour to spend a few moments with God. Others might decide to take their lunch in solitude to reconnect with God. Others might decide to begin their morning in prayer or their evening.

QUESTION 3

The third question addresses the need some may feel to pick up the pace and add urgency as they follow Jesus. It includes a story from **Matthew chapter 8**, where Jesus clearly shows the importance of urgency as we seek to follow Him. I added some historical background to the question. The goal is for any group members who need to increase their urgency to recognize it and understand how they can make that change.

QUESTION 4

Question four is an open-ended discussion on **John 14:2**. My suggestion would be to open up this question for the group and let them talk about what the verse means to them and times in their lives when they have experienced the peace of Jesus.

QUESTION 5

The final question centers on **Matthew 11:28-30** and adds a historical perspective on the “yoke of a rabbi.” As you discuss this verse, you may want to note that in verse 28, the invitation is for everyone—everyone is called to come to Jesus. You can also distinguish what it means to come to Jesus versus what it means to follow Him. Additionally, note that in verse 29, we must accept the yoke of Jesus, which includes His teachings, His way of life, and His pace of life. You might ask your group members if they have accepted His pace of life. You may also want to discuss how, in verse 30, Jesus says that His yoke is easy. No one following Jesus would suggest that following Him is easy, so as a group, discuss how His yoke is easy and His burden is light. This might help:

Key Aspects of the Meaning:

The Yoke of Relationship, Not Law: By asking believers to take His yoke, Jesus means to partner with Him and learn from His character (gentle and humble), rather than trying to follow strict, burdensome laws (like those of the Pharisees).

"Easy" (Chrestos): This Greek word implies "well-fitting," "gracious," or "serviceable," indicating that His way is designed for our well-being.

"Light" Burden: Jesus removes the crushing weight of sin, guilt, and the need to earn salvation, replacing it with the freedom of grace.

Rest for Your Soul: Instead of creating more work, joining with Jesus brings deep, spiritual, and emotional peace.