

LIFE APPS - PART 2: WHAT'S YOUR PACE?

SUNDAY, OCTOBER 4, 2020

Life can become like a treadmill – as long as everything is going along at a reasonable pace, things are okay. But when the pace gets accelerated, it can seem like we're going 100 miles an hour but never getting anywhere and the pace becomes unsustainable. Sometimes we need to simply push pause and rest – actually we need to build a healthy rhythm of rest into the routine of our lives. Life is better at a sustainable pace.

READ 1 KINGS 19:1-18

- What are some things you would list as part of the busyness of your life?
- What are some things you would identify that accelerate the pace of your life?
- What are some things that tend to increase the intensity of stress in your life?
- How might you feel if you were in Elijah's circumstances of having his life threatened?
- Do you think it's possible for the pace of life to pose a threat to the direction and quality of your life? Why or why not?
- Why do you think people tend to be resistant to a rhythm and routine of rest?
- How important would you say it is to get the right amount of sleep? How many hours of sleep would you say is the right amount for you to be adequately rested? How many hours of sleep do you get per night?
- How would you describe an exhausted, worn out, had enough version of you?
- How would you describe a rested and replenished version of you?
- Which of the two versions is better?
- What next step will you take to establish rest as a rhythm and routine in your life?

LIFE IS BETTER AT A SUSTAINABLE PACE