



## A BETTER WAY—2

### WHEN YOU'RE TOO BUSY FOR WHAT MATTERS

**The greatest enemy to the life you want may be the life that you're living.**

*As he [Jesus] walked along, he saw Levi son of Alphaeus sitting at the tax collector's booth. "Follow me," Jesus told him, and Levi got up and followed him. Mark 2:14 NIV*

**If we follow an unrushed Jesus, we should be living an unrushed life.**

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

Matthew 11:28-30 MSG

- **The solution is not more time. The solution is more of what matters most.**
- **God, help me walk slowly enough to experience Jesus fully and love people deeply.**

**Be present in the moment.**

**Choose what's important. Eliminate what's not.**

**Sense God's presence and recognize His voice.**

## Talk It Over

**Is it easy or difficult for you to take time to rest? Why do you think that is?**

**When life feels rushed, it's usually because we are running from something or running to something. Share a time when you experienced this. What are you often tempted to run to or run away from?**

**What will you do to walk slowly enough to experience Jesus fully and love people deeply? How will you know when you're doing this well?**

