

The Good Life – Slowing pt. 1 - Life Group Leader Guide

Below are some study questions that will help you and your Life Group dig deeper into the discipline of slowing. We've included plenty of questions, but feel free to use just a few or to choose whichever questions best fit your group.

Opening Discussion:

1. What was your initial reaction and feeling when you learned we were spending August practicing the discipline of slowing?
2. What do you think the purpose of slowing is?
3. What are some ways you have noticed your life speeding up over the last few years, and how has that affected your health/heart/walk with Jesus?

Bible Reading and Questions:

1. Ask someone to read **Matthew 11:28-30**. When he speaks of a "yoke," he refers to his lifestyle, pace, and set of teachings. What are some examples of Jesus' yoke that he invites his disciples to take onto their own lives?

Application Questions:

1. What do you think Jesus might say to us today as he observes the hurried pace of our current society?
2. If Jesus is inviting to do life at his pace, what do you think Jesus' pace was? Can you think of any stories where he was hurried or rushed? Can you think of any stories where he rested or went slow?
3. Dallas Willard once said, "To become the follower of Jesus you always hoped you must be, you must ruthlessly eliminate hurry from your life." What are some ways you can eliminate hurry and distraction from your life today?

Closing & Prayer: *[set aside 10-20 minutes for prayer]*

Allow enough time to pray for each other. Pray for God to reveal any places He wants to bring you freedom this month through the discipline of slowing. Pray for a greater sense of His presence this month.