

# Weekly Discussion Guide – 6-21-2026

*The Summer of Slower, Part 4: “Living at the Pace of Jesus”*

Text: Matthew 11:25-30

1. Read **Matthew 11:25-30** slowly. Then, spend one minute in silence asking the Holy Spirit to speak through this passage. What stood out most, and why?
2. Why do you think the Gospels consistently show Jesus living without hurry – stopping for people, praying in solitude, welcoming interruptions, resting? What does this reveal about a) His relationship with the Father and b) the life He invites us into?
3. Jesus says, “Come to me... take my yoke... learn from me.” Which part of this invitation speaks most deeply to you right now? Why?
4. Where are you tempted to live at the world’s pace instead of Jesus’ pace? Consider work, family, technology, expectations, busyness, FOMO, or proving yourself. What drives your pace?
5. Looking back over this sermon series, which practice – silence and solitude, Sabbath, simplicity, or living at the pace of Jesus – has been most formative? What has God been teaching you, and how is it shaping or challenging you?
6. Spiritual practices are not the destination but ways of making room for Jesus. How does that reshape your view of them? Have you ever treated them more as accomplishments rather than invitations into relationship?
7. If someone observed your life for a week, what would they say sets the pace? Hurry and productivity, walking with Jesus, or something else? What evidence would they point to?
8. As this series ends, where is the Holy Spirit inviting you to respond specifically? Rather than many changes, ask for one. What single practice, habit, or step of obedience might God be inviting you into over the next 7 weeks of summer? Share and invite prayer if you’re willing.