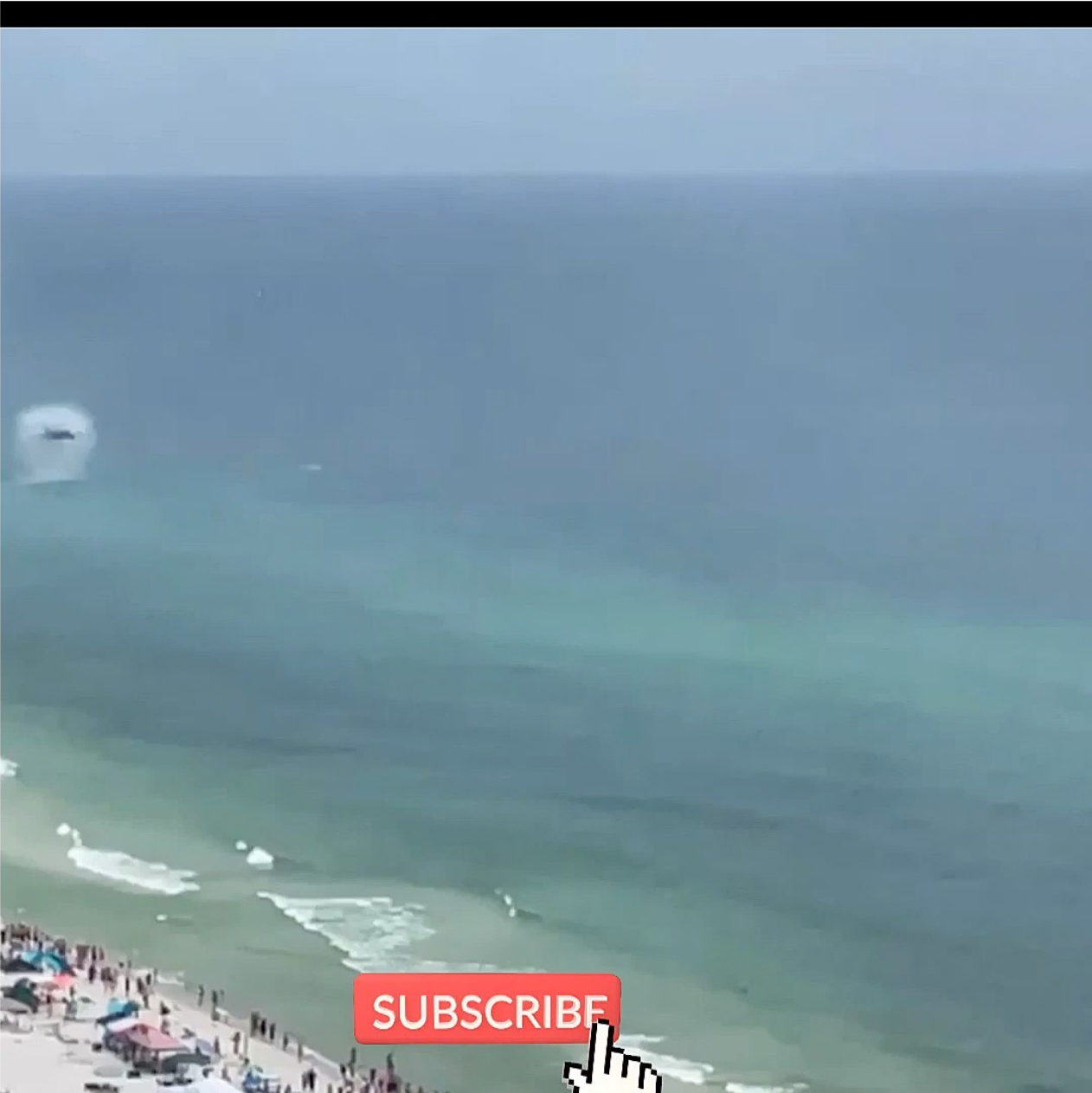




# HOW FAST DOES GOD MOVE?

RESTED SERIES #2



1 AWARE

2 PONDER

3 VALUE

# The ACTION/ BEHAVIORAL GAP

4 RE-PRIORITIZE

5 OWN

# TWO CATEGORIES OF PEOPLE:




HERE'S  
ME






## Run to Win the Prize

<sup>24-25</sup> You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.



**1 Corinthians 9:24-25 (MSG)**

<sup>26-27</sup> I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No lazy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.



**1 Corinthians 9:26-27 (MSG)**



# The Invitation

<sup>28-30</sup> “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)**



HOW FAST DOES GOD MOVE?  
ABOUT 5KM PER HOUR!

KNOWING GOD  
IS KNOWING  
REST

# SERMON APPLICATION

APPLY GOD'S WORD  
THROUGH PRAYER AND ACTION.

**A) PRAY:** READ AND MEDITATE DAILY ON  
MATT: 28-30

**B) DO:** PRACTICE THE SABBATH  
THIS WEEK.

# DISCUSSION QUESTIONS

**Answer with friends, family or as a Life Group  
in order to Grow Together.**

- 1. Why is it so difficult to 'Get away with Me' (follow Him) and find rest?  
What is one thing you could eliminate this week from the busy schedule?**
- 2. Read Matt 11 (MSG) - What does Jesus mean when He says 'Keep  
company with Me and you'll learn to live freely and lightly? How can we  
take up Jesus' invitation?**
- 3. Have you practiced the Sabbath before? What did it look like?**
- 4. Will you follow the sermon application and  
practice Sabbath this week? Why or why not?**

# INVITATION:

## *PRACTICE SABBATH THIS WEEK*

SELECT A TIME PERIOD, PREPARE FOR IT,  
THEN PRACTICE RESTING USING THE FOUR ELEMENTS OF:

1. **Stop** - we cease from all work (paid and unpaid), all thinking about work, all worrying and all wanting.
2. **Worship** - we centre our lives, therefore orientating our family and our week toward grateful praise and adoration of God.
3. **Rest** - we rest our soul; we restore our whole person.
4. **Delight** - we renew our soul with activities that spark joy, wonder, gratitude, and happiness.