



New International Version is used for questions

1. What did Jesus regularly do so that his life was not frantic? Pastor Paul said we need to replace the hurry mindset and adopt the pace of Jesus. What happens when we do?
2. Pastor Paul said hurry and peace cannot coexist. How can you have a full life and yet be at peace at the same time? What will you be better at if you are at peace?
3. What are the four things we should do in order to “reset” our GPS to rest?
4. What four things did Pastor Paul say we must do in order to be present? If we do this, what will happen to our relationships?
5. What four things can we do in order to remain spiritually sensitive to God? Have you ever noticed that when you are in a hurry you become less sensitive to God and other people?
6. Read Hebrews 12:2. Why was going to the cross a joy to Jesus? What does this tell us about having joy? What is the difference between joy and happiness? Are they always present at the same time?

Answers

1. *Jesus regularly went off by himself to spend time with His Father. When we adopt the pace of Jesus peace replaces anxiety and pressure.*
2. *Having peace has little to do with the amount of things you have to do but rather on the depth of your relationship with God. When you are at peace you are better at having an influence on others.*
3. *The four things are: a. Notice when pressure is replacing peace; b. Pause when anxiety rises instead of pushing through; c. Retreat before I break like Jesus did; and d. Still myself in small moments throughout the day.*
4. *The four things were: a. Remove things I know distract me; b. Focus fully on one person at a time, including God; c. Choose presence over productivity; and d. Value people as an opportunity, not an interruption. We will then move beyond surface-level connection.*
5. *The four things are: a. Create a quiet time daily; b. Remove distractions during prayer; c. Listen twice as much as you talk; and d. Schedule solitude the way Jesus did.*
6. *Going to the cross for Jesus was a joy because of the result of his death: His death would secure our salvation and enable a relationship with God. This tells us that joy is not based on the events of your life but on the results of the decisions you make to serve God. Joy is the sense and knowledge that no matter what happens, the end result will be a good one and happiness is an emotion that is a response to whenever the circumstances in our life are good ones. You can have joy when you are unhappy, Jesus was not happy about the physical pain and torture of the cross.*