

# Jesus

EPISODE 2 - JESUS  
SLOWED DOWN



01.09.22

# THREE WAYS TO SLOW DOWN LIKE JESUS

## 1. \_\_\_\_\_ your day slowly \_\_\_\_\_ Jesus.

*Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Mark 1:35 NLT*

*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. 2 Timothy 3:16 NLT*

## 2. \_\_\_\_\_ your day slowly \_\_\_\_\_ Jesus.

*But when Jesus heard about it he said, "Lazarus's sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this." So although Jesus loved Martha, Mary, and Lazarus, he stayed where he was for the next two days. John 11:4-6 NLT*

## TIPS FOR LIVING SLOWLY

- **PAY** \_\_\_\_\_ .
- **BE** \_\_\_\_\_ .
- **DO** \_\_\_\_\_ **AT A TIME.**

### 3. \_\_\_\_\_ your day slowly \_\_\_\_\_ Jesus .

One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. Luke 6:12 NLT

Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?" When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. Then he asked them, "Why are you afraid? Do you still have no faith?" Mark 4:38-40 NLT

## SO WHAT?

But Jesus often withdrew to the wilderness for prayer. Luke 5:16 NLT

To overcome the \_\_\_\_\_ and all its \_\_\_\_\_ ,  
\_\_\_\_\_ and \_\_\_\_\_  
and you'll Experience God's Best.

## DISCUSSION QUESTIONS

1. On a scale of "I'm So Bored" to "Stop the Madness," how Busy are you?
2. What are some Negative Results of Busyness in your life?
3. What is the First Thing that gets Neglected when you get too busy?
4. How does it make you feel to see how Un-Hurried Jesus lived?
5. Why do you think Jesus lived Slowly?
6. What Excuses do you have for Not Slowing Down? How can you Overcome those excuses?
7. In which part of the Day (the 3 Things talked about in this message) do you need to Slow Down the most?
8. In what Specific Way will you Slow Down starting this week?