



Being

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Q—Do you have a quiet time?

Signs we struggle with a restless soul

- Busyness
- Easily agitated

- Impulsive
- Always in a hurry

You must ruthlessly eliminate hurry from your life. - Dallas Willard
Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. Hurry can keep us from living well. - John Ortberg, Soul Keeping

- Anxiousness

Red Letter Living Truth: It's in our "being" we can rest in who we are, not what we do.

Matthew 11:28–30 (NIV and The Message)

Love has its speed. It is a different kind of speed from the technological speed to which we are accustomed. It goes on in the depth of life at 3 miles per hour. It is the speed we walk and therefore the speed the love of God walks.

Kosuke Koyama, Three Mile an Hour God

Some Ways to "Be"

⇒ **Solitude and silence are _____ before we start another noisy day.**

Mark 1:35–37 (The Message)

Isaiah 30:15b (NIV)

⇒ **Sabbath is the permission and the _____ to find true rest.**

Mark 2:27b (NIV)

⇒ **Simplifying and sacrificing develops discipline and _____.**

Matthew 6:16–18 (NLT)

Q—What are you willing to give up so you can make more space for Jesus?

The Invitation to “Be”: *“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 (The Message)

ANSWER KEY: critical, liberation, focus



Theme: *Life Plowing Partner*

Share Together: What is your favorite way to relax or find refreshment?

Reflect Together: Which of the warning signs of a restless soul, mentioned on Sunday, can you personally relate to or what would you add to the list?

Red Letter Living Together: Is there anyone who would like to share a S.O.A.P. day to encourage our group?

Read the Red Together: Matthew 11:28–30 (NIV)

Discuss Together:

- What is the difference between just being tired, versus weary or burdened? What are some examples?
- What does it mean to come to Jesus with our burdens?
- What does Jesus mean by “rest”? How is the meaning not about relinquishing responsibility but relying on him more? In what kinds of ways do you need his type of rest?
- What does it mean to take his yoke and learn from him? How can you relate with this metaphor, in terms of your own faith?
- Being yoked implies subjection. Why is this hard for us to do?
- Jesus gives two commands in verse 29. What are they? Explain the meaning of each of these in your own words.
- How is the phrase “for I am gentle and humble in heart” related to the two prior commands? Is Jesus always this way?
- How does Jesus’ easy yoke and light burden compare to religious duty?

Re-Read Together & Discuss: Matthew 11:28-30 in The Message translation

- How does this version of these verses speak to you and why?
- What is a best practice for you, reflecting Jesus’ “unforced rhythms of grace”, that will allow you to find true soul rest on a regular basis, that you can commit to this week?
- In what way are you weary or burdened and need to ask Jesus to be your “plowing partner,” for which you could use prayer?

Pray Together: Share praises and prayer requests with the group.