

LIVING YOUR BEST LIFE: PACE

Scripture used: [Matthew 11:28-30 \(NLT\)](#)

OVERVIEW

Pastor Hurmon continued the series “Living Your Best Life”. He reminded us that the “best life” is one of deep joy, love, peace, and focus on quality. It is **not** one of comfort, luxury, and narcissism. In our Scripture today, Jesus calls us to be His apprentices. “Let me teach you. My yoke is easy to bear. And you will find rest for your soul.” This is an invitation to relief and renewal for the soul. This is a reminder that it takes a sustained effort to live our best life. It’s not about winning the point, but winning the game. This requires technique, pace, rhythm, and focus. Today, many of us are worn-out and breathless after 2 years of COVID. Some of us even grapple with faith, feeling it’s not been impactful enough. Our Scripture prompts us to keep our eye on the long game and the right flow.

KEY POINTS

1. The Message translation of [Matthew 11:28-30](#) includes the phrase, “unforced rhythms of grace” to highlight a new way of living, one of finding the perfect fit for oneself and one’s circumstances. We must slow down. Hurry is the great enemy of spiritual life, and we need to ruthlessly eliminate hurry. Paul tells us that “love is patient and kind” – it takes time to deepen our relationship with loved ones. And it takes effort and dedication to deepen our walk with God. As a helpful resource, consider the book, “The Ruthless Elimination of Hurry” by John Mark Comer.
2. Hurrying is connected with the sense of being busy, which can actually crowd out the important matters of God. “If the devil can’t make you sin, he’ll make you busy.” We are too busy to live rich and vibrant lives. Jesus was busy, but never too busy to ignore small details and “small” people like the little children who were brought to Him, or the blind man who urgently cried out to Him. Jesus was busy but maintained the pace of grace. He took enough time for contemplation in the wilderness, to seek out time to pray and reflect. He focused on His disciples and reflected on His mission.
3. One sign that Jesus was not too busy was that Jesus was always present in the moment. He was a public figure and a “celebrity” of his day, often attracting crowds, yet He knew when somebody touched Him with purpose, intent, and need. While in agony on the cross, He noticed His mom’s distress and loneliness, and directed that it be addressed.
4. Jesus gave life His full attention. Diluted attention leads to diluted memories. Instead, when we live intentionally and wholeheartedly, we are able to walk in righteousness, wholeness, peace, and joy in the Holy Spirit. This way of living includes justice, as justice is what love looks like in public. The big question we should be asking ourselves is: what am I pursuing? What is my highest goal? For Jesus, it was doing the work of my Father “while it is daylight”. His daily itinerary was in alignment with His eternal purpose.
5. We must learn in the context of grace, which is the space to make mistakes and then be able to make the necessary corrections. When dancing, we hear the rhythm and our whole body and mind respond. We are hearers and doers - attuned, and ready for the proper action.

DISCUSSION

- 1) **HEAR** - How do you feel about the pact of your life right now? Is your attention diluted? Do you feel like you are too busy? What are the things that are filling your life right now that may not be necessary?
- 2) **UNDERSTAND** - Reflect on Matthew 11:28:30, reading it and reflecting on it in both the [New Living Translation](#) and [Message Translation](#). What is Jesus saying to you right now about your life? Is the way you are living more similar to the “pace of grace” that Jesus lived with, or more similar to the pattern of the world - your neighbors, co-workers, etc. What are the obstacles to living with a “pace of grace”? What fears do you have if you lived this way?
- 3) **DO** - Take one concrete step to live with less dilution of attention, less hurry, or more intentionality. This may include setting aside time to pray each morning, or a commitment to put electronics down when engaging with people. Join us next Sunday as we continue our series, “Living Your Best Life”!