

WEEK ONE:
A RULE
OF LIFE



We can be busy and not be hurried.

Being busy is an outward condition, a condition of the body. It occurs when we have many things to do...Being hurried is an inner condition, a condition of the soul. It means to be so preoccupied with myself and my life that I am unable to be fully present with God, with myself, and with other people.

John Ortberg (Soul Keeping, p. 130)

Our busyness turns into hurry when it eliminates God from our lives.

- **Souls that are restless are drawn to being hurried.**
- **Much of the pain we cause or experience materializes because we, or others, are in a hurry.**
- **What hurries me is often what hinders me and hurts those closest to me.**

SERIES BIG IDEA:

Waste the haste: learn Jesus' unforced rhythms of life.

²⁵ At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶ Yes, Father, for this is what you were pleased to do.

²⁷ "All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Matthew 11:25-30 (NIV)

Jesus stops and prays to God the Father and recognizes God's will. (v25)

Jesus acknowledges that God the Father reveals His truth to those who are humble and dependent upon God. (v25-27)

Jesus invites all who are weary and burdened to receive His rest for their souls. (v28)

We don't need more time, we need to embrace Jesus' way of life.

"I am the way and the truth and the life."

Jesus in John 14:6 (NIV)

We need a rule of life: a rhythm of practices to remain in union with Christ.

Waste the Haste Challenge: Breathe

1. **Read and pray scripture daily.**
2. **Sabbath with the Body of Christ weekly.**
3. **Have a meaningful face-to-face conversation with a friend or group of friends weekly.**

We can trust in Jesus' way of life because He is gentle and lowly. (v29)

We cannot experience God's kingdom life with a hurried soul.

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MY NOTES:



STAY CONNECTED:

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TEACHING SUMMARY:

We live a busy life. A busy life doesn't mean we need to have a hurried life. It is when we become hurried that we squeeze God out of our lives. When this happens, we miss out on the life, peace, and joy of being in God's kingdom.

Even worse, a hurried life shapes the words we say and the choices we make. Much of the pain we cause or experience in life is caused by us or someone else being in a hurry.

This restless state is why Jesus invites us to come to Him and learn from Him. When we learn the way of Jesus our Savior, we will discover rest for our souls. It is in the way of Jesus that we experience union with Him. In that union we experience life.

Our schedules may still be full, but we will be present with God and at peace. Our bodies may be tired, but our souls will be at rest. We will be fully dependent upon God but independent of fear and worry. Waste the haste in your life—eliminate hurry.

TALK-IT-OVER:

Are you busy, hurried, or both?

What would your life look like if you just slowed down, took a breath, and engage with Jesus' way of life?

Which of the three rhythms do you need to establish? Scripture? Sabbath? Conversation?

What is your next step?

Who do you need to tell about what you learned?

DAILY SCRIPTURE READING:

Day 1) Psalm 116:1-11

Day 2) 1 John 2:15-17

Day 3) Exodus 34:6-7

Day 4) Psalm 62:1-8

Day 5) Isaiah 40:27-31

Day 6) Matthew 6:25-34