

# PACE

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## INTRODUCTION

Living at a frantic pace is the new normal. On one hand, opportunities are great. But, our ever-increasing pace may be driving us past a great desire God has for us.

## USING THIS GUIDE

1. Print a copy of this guide for each member of your group.
  2. Watch the video as a group and use the guide to follow along and take notes.
  3. Complete the exercises and discussion questions when prompted by the video.
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## PART I

## VIDEO NOTES

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*As Jesus was on his way, the crowd almost crushed him. And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped. “Who touched me?” Jesus asked. When they all denied it, Peter said, “Master, the people are crowding and pressing against you.” But Jesus said, “Someone touched me; I know the power has gone out from me.” Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, “Daughter, your faith has healed you. Go in peace.” Luke 8:42-48*

**BE PEOPLE THAT ARE AVAILABLE.**

**BE PEOPLE THAT ARE ATTENTIVE.**

**DISCUSSION QUESTIONS  
BEGIN ON THE NEXT PAGE**

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# LET'S TALK ABOUT IT

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1. Think about pace, particularly in your life right now. Take five minutes to complete the questions individually. Then discuss your thoughts as a group.

A. What are the top five things keeping you busy?

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B. In your list above, what is keeping you the busiest?

C. If you could magically remove one item from the list, what would it be?

D. What are you most proud of in that list?

2. In the story in Luke, Jesus was walking through a busy crowd to visit a sick child when he paused and noticed the ailing woman who touched his robe. What does it feel like when you have a set plan or schedule and someone who needs something from you crosses your path?

3. How do you prioritize what gets your attention when there are multiple good opportunities in front of you? How do you gauge what the wise choice is?

4. In the message, Billy stated, "Jesus knew that in every season of life, we'd be surrounded by people who have needs." In your current season of life, who are those in your world with needs?

5. How does your current pace work with or against being available to the needs of those around you?

6. Look back over your list in question one. Is there one change you could make that would help you become more attentive or available?