

Pause

Darcy Siggelkow

Read: Isaiah 40:28–31

Reading resources:

- “Margin: Restoring Emotional, Physical, Financial and Time Reserves to Overloaded Lives” by Richard Swenson
- “The Ruthless Elimination of Hurry” by John Mark Comer

**Margin is the space that exists
between ourselves and our limits.**

Swenson

Questions: What has your COVID experience been with the pace of life? How has it changed since BC (Before COVID)? What impact does a hectic pace have on your soul? How does it “appear on the surface” of your life?

My soul can’t do life at the speed of a smartphone.

John Eldridge

Reread Isaiah 40:31

Questions: How have you described what it means to “wait on the Lord”? What does that look like in your life?

**For all the talk about hurry and overload,
most of it is self-inflicted.**

“Hurry” is the great enemy of spiritual life in our day.

Dallas Willard

Four habits for a “New Normal”:

1. Establish as Sunday morning routine.
2. Keep your kids connected to church.
3. Don’t give up on community
4. Say “No” to something so you can say “Yes” to Jesus

Question: What is one change you can make in your life today that would move you toward one of these habits?

YouVersion Bible Reading Plans:

- The Ruthless Elimination of Hurry: John Mark Comer
- Psalms and Proverbs: 1 Year plan

“One Minute Pause” – found at your App Store