

MESSAGE BIG IDEA

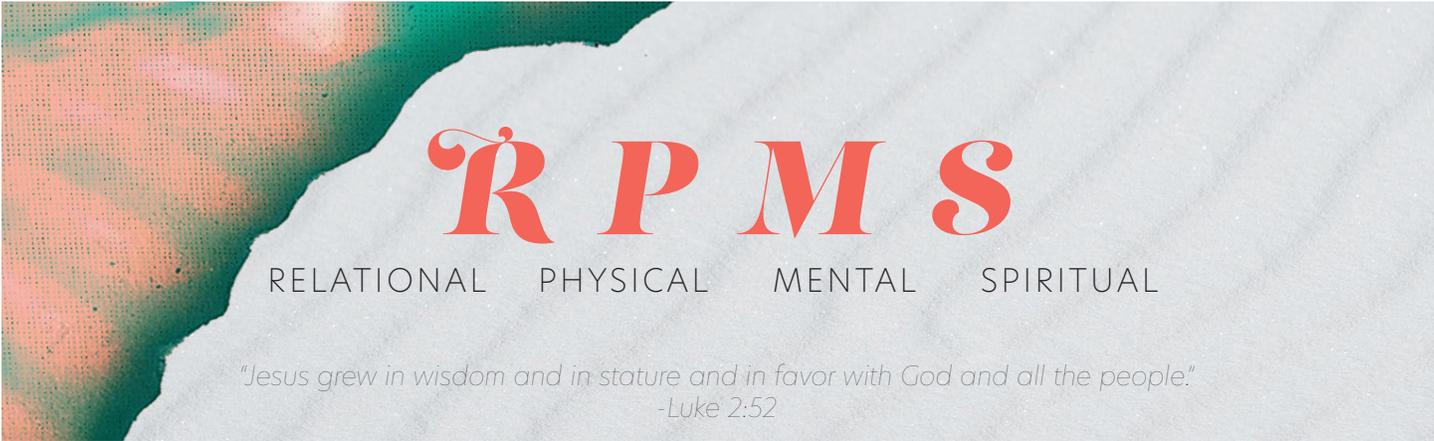
Jesus invites us to move away from hurry and into the relaxed rhythm of his way.

SCRIPTURE

Matthew 11:28-30, John 15:5-8

POINTS TO KEEP IN MIND

1. Jesus' words are filled with gentleness and power. "Come to me, all who are weary and burdened, and I will give you rest." The Lord knew we needed soul rest and companionship. He draws us to His side. Jesus is not speaking as a ruler here but as a comforter, much like a parent comforts their child.
2. Matthew 11:28-30. Jesus invites us to come to him, to lay our burdens at his feet, and there we will find rest. When Jesus says "my yoke is easy", he means it is well-fitting. His yoke doesn't remove the work, it makes the work easier.
3. John 15:5-8. Jesus repeated here the central point of the metaphor of vine and branches to emphasize to His followers the importance of remaining in fellowship with Him. In this verse our Lord gave assurance to the apostles that they would definitely produce fruit if they maintained fellowship with Him. It is important to recognize we are not sufficient of ourselves.
4. "Love and hurry are fundamentally incompatible. Love always takes time, and time is the one thing hurried people don't have." -John Ortberg
5. "There is a healthy kind of busyness where your life is full of things that matter, not wasted on empty leisure or trivial pursuits. The problem isn't when you have a lot to do; it's when you have too much to do and the only way to keep the quota up is to hurry." -John Mark Comer
6. Reassure people that the word rule is not about imposing strict rules on your life, but creating a structure for your life that prioritizes what's most valuable and life-giving to you. Once you have a rule of life, refer to it often, and only say "yes" to those activities and opportunities that are in alignment with your Rule of Life. Keep in mind that your life will change over time and you will need to adjust and update what's on your rule of life. This tool will help you stay focused on what's most important to you over time, which will translate to more focus, strength, and joy in everything you do.
7. "The term Rule of Life has its linguistic roots in an ancient Greek word that means 'trellis.' A trellis is a support structure that enables plants such as a grapevine to get off the ground, grow upward, and become fruitful. It's a beautiful image of what a Rule of Life is and how it functions — it is a support structure that helps us to grow up and abide in Christ." -Pete Scazzero



R P M S

RELATIONAL PHYSICAL MENTAL SPIRITUAL

*"Jesus grew in wisdom and in stature and in favor with God and all the people."
-Luke 2:52*

FILL IN THE RPMS "RULE OF LIFE" WITH YOUR OWN DETAILS BELOW

Relational

Physical

Mental

Spiritual
