

“How to lose the “rat” race and win at the real race” faith challenge from 4-8-18

Day 1

2 Timothy 4:7 *“I have fought the good fight, I have finished the race, and I have remained faithful.”*

Where do you struggle with running the “rat” race instead of the real race?

Sit with God for awhile and ask Him what His race looks like for you at this time?
Jot down what He says to you.

Day 2

Matthew 11:28-30

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

*Are you tired? Worn out? Burned out-
Are you? “weary and carry heavy burdens”
Are you? “who labor and are heavy laden”*

Jot down what it feels like.

Ask God’s Spirit if it’s from-
Wrong race?
Wrong pace?
Wrong confidence?
Wrong direction?

Day 3

Matthew 11:28-30

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

In what ways do you- “get away” with Jesus; “walk with” Him; “work with” Him; and “Keep company with Him”?

What seems to strengthen and fuel your relationship with Him?

Is the Spirit prompting you to make any changes or additions to how you could draw closer to Jesus and learn from Him how to “live freely and lightly”?

Day 4

Matthew 11:28-30

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Spend a few minutes soaking in this verse; read it over and over, say it slowly, say it out loud.

What do “unforced rhythms of grace” look like, feel like in your life?
Would your life be any different if you were living “freely and lightly? How?
What will it take to move toward that?
What’s your next step?

Day 5-

Matthew 11:28-30 (read this verse from a couple of different versions of the Bible)

Anything different jump out at you from the other times you’ve read this verse this week? Jot it down.

Dallas Willard gave this advice to John Ortberg “You must arrange your day so that you experience deep contentment, joy, and confidence in your everyday life with God.”

How do you respond to that quote?

What would need to change in your life; how do you need to rearrange your day?