

If you had one word to describe Jesus what would it be?

Dallas Willard (notably the most recognized scholar on the work of Christ from our century) was asked this question.

His answer/ _____.

Big Idea/ _____ positions you to become more like Jesus.

Our Mission/ To inspire people to turn toward their next step in becoming more like Jesus.

20 Rules of Slowing from John Mark Comer in *The Ruthless Elimination of Hurry*

- 1) Drive the speed limit.
- 2) Get into the slow lane.
- 3) Come to a full stop at stop signs.
- 4) Don't text and drive.
- 5) Show up ten minutes early for an appointment, sans phone.
- 6) Get in the longest checkout line at the grocery store.
- 7) Turn your smartphone into a dumbphone.
- 8) Get a flip phone, Or ditch your cell phone all together.

- 9) Parent your phone; put it to bed before you and make it sleep in.
- 10) Keep your phone off until after your morning quiet time.
- 11) Set times for email.
- 12) Set a time and a time limit for social media (or just get off it).
- 13) Kill your TV.
- 14) Single - Task.
- 15) Walk Slower.
- 16) Take a regular day alone for silence & solitude.
- 17) Take up journaling.
- 18) Experiment with mindfulness and meditation.
- 19) If you can, take long vacations.
- 20) Cook your own food. And eat in.

The Challenge/ Build your own list (maybe with some of these).

Reflection Questions:

- If you had one word to describe Jesus what would it be?
- Which one of the rules are you the worst at?
- Which one of the rules do you think you need the most for this next season of life?

30 *For my yoke is easy and my burden is light."*

Matthew 11:30