

## A New Pace

**Isaiah 43:18-19 - Remember not the former things, nor consider the things of old. 19 Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.**

Why did God say this to the Israelites? Because he had done incredible things for them and there is always a temptation to look to the past. To the “good old days” -

We like to go back to what’s comfortable...because we don’t like change. We want to go back to the way things were - **But what if the way things were is not the way things should be?**

We have all been too “busy” for things. - I’m sure you’ve heard this before...Acronym

**B.U.S.Y. - Being Under Satan’s Yoke**

**It’s been said if satan can’t stop you..he will get behind you and push you.**

When we get too busy...we are aren’t “yoking” ourselves or “uniting” ourselves to the right person or the right pace.

**Matthew 11:28-30 MSG - “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.”**

Everything has been brought to a halt. There will be a temptation to rush back to what we were doing before and the pace we were doing it before but I believe -

**GOD WANTS TO SET A NEW PACE.**

**5 ways to set a new pace**

### 1. **SLOW DOWN**

- We are always in a hurry. We think fast is best, fast often leads to an unhealthy lifestyle.
- **Most of our problems are either caused by, or made worse by, moving too fast for too long. - Emotional, spiritual, relational and physical problems.**
- Jesus never ran to his next assignment. In fact...a few people died because Jesus was seemingly taking too long. - Lazarus & Jairus’ daughter
- **Matthew 11:29 - “Walk with me and work with me—watch how I do it.”**
- Walk, work and watch. - He has a pace he wants to teach us to move at.
- **If you want grace in your life...you have to move at His pace**

**Psalms 23** - He makes us lie down...leads beside still waters...these are slow moving things...it even says **“when I walk through the valley”** - I’m not even running through the shadow...I walk. Because He walks.

## 2. PAY ATTENTION TO WHAT'S GOING ON AROUND YOU

- How many opportunities are missed because we are moving too fast? How many open doors did we miss? Miracles God wanted to do, connections we needed to make?
- **John 4:35** - *35 Do you not say, 'There are yet four months, then comes the harvest'? Look, I tell you, **lift up your eyes**, and see that the fields are white for harvest.*
- Lift your eyes...God wants to do a miracle...God wants you to see the harvest around you....but you'll miss it if you're moving too fast.

## 3. BE PRESENT

- A fast paced life distracts us. Pushes us to be in 20 places at once thinking about tomorrow.
- **Psalm 118:24** - *This is the day that the Lord has made; let us **rejoice and be glad in it.***
- **Today is a gift...that's why it's called the present.**
- **Matthew 6:34** - *"Therefore **do not be anxious about tomorrow**, for tomorrow will be anxious for itself. **Sufficient for the day is its own trouble.***
- *When we focus on tomorrow...we can be here...but not really here. Like with each other in person but not with each other mentally.*
- **Be present with your kids:**
  - Remind yourself that you don't have much time with them. Stages come and go.
  - **There's no substitute for a present parent.**
- **Be present with your spouse:**
  - Date night - Conversations with your spouse...not just a scheduling time...but intimacy. Marriages fail because people didn't take the time to make their spouse a priority.
- **Be present with God:**
  - This one is sometimes hard for us. It can be hard for me. Have you ever been distracted in your time with God or reading time? - Notifications, texts, "to-dos" come to my mind.
  - **Psalm 46:10** - *Be still, and know that I am God.*
  - *We have to get still again. Still in his presence...still with him to hear him. When I'm running non stop I can't hear him*

## 4. MAKE TIME FOR PEOPLE

- Jesus always took time for people. He made time for friends for close friends. - 12 and then 3 close. Shared life with people. He didn't neglect them.

- **Hebrews 10:25** - *25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*
- Some of us didn't realize what a blessing being with other people was until we had that taken away from us. It's a blessing! - We need it! God created us for community.
- 5. **PUT DOWN YOUR BURDENS** - there's a burden to trying to run and carry the weight of the world.
  - **Matthew 11:30 MSG** - *I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.*
  - Where anxiety and stress come from carrying a burden we were never meant to carry. We are some of the most anxious people in history.
  - **Psalm 55:12 NLT** - *Give your burdens to the Lord, and he will take care of you.*

I believe God is using what has happened here...to help us re-evaluate some things. To start some NEW things. **God wants us to come out of this...with a new pace of life.**

**The invitation today is to start a new pace of life. How can I walk in the pace of grace you want me to...Keep company with him. Live light and free**

**LET'S PRAY**