

DASHBOARD

Dashboard - Week One: The Speedometer

Connect

It's a classic *Jekyll and Hyde* story: sometimes, when we get into our cars, we act in ways we wouldn't any other time. Tell about a time in the car when you neglected the information the speedometer was providing you - or about another experience while driving that was out of character for you.

Grow

1. **Read Matthew 11:28-30.** Jon quoted from the Message translation. What words or phrases stick out to you most from this text? Why do you think they resonate so much?
2. "As a culture we are drawn to speed." What evidence do you see around you in your life or the lives of others that supports this evaluation of our culture? What grabbed your attention or even surprised you about the examples Jon shared of people getting *pace* and priorities out of whack in their lives?
3. **Read Luke 10:42.** Talk about the different ways Mary and Martha interacted with Jesus. It's not wrong to do work and it's not possible to simply sit still all the time. So what were the nuances in play in the text surrounding this verse?
4. Jon said, "Whatever weight the world is putting on you to drag around, Jesus wants to lift that weight from you." What do these *weights* look like in your life or the lives of those around you? Work together to brainstorm ways these can be turned over to Jesus.
5. Remember the "Echo Effect"? What you shout into a canyon will echo back to you. In the same way, how you speak about others will come back, as well. Stop and think for a moment about the way your relationships are playing out. In your experience, does it really happen this way? What is God saying to you, if anything, through this metaphor?

Pray

Take some time to pray together and thank Jesus for God's gift of grace and for taking away our guilt and shame. Express your gratitude for the fact the pressure of performance is *OFF* when it comes to God's acceptance and approval of you as one of His much-loved kids.

Next

"Hurry is a sickness." The antidote is making this commitment: "I will live slower so I can live longer." Calculate roughly how many days you've been alive. If you have even a fraction of that number remaining, what choices do you need to make today to slow down so you can live smarter... longer... better... from this point on?