

Get You Life Back

SESSION 1

THE ONE MINUTE PAUSE

"I have calmed and quieted myself." DAVID, PSALM 131:2

You can get your life back; you can live freely and lightly. The world may be harsh, but God is gentle; he knows what your life is like. What we need to do is put ourselves in places that allow us to receive his help. This six-week study will show you how.

Ponder

Are you happy and carefree most of the time? Why or why not?
Would you describe yourself as rested and refreshed? Why or why not?
Do you look forward to your future? Why or why not?

Read the following passages
(we have included several different versions of the same scripture)
Listen for fresh insights

Matthew 11:28-30 New Revised Standard Version (NRSV)

²⁸ "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

Matthew 11:28-30 Common English Bible (CEB)

²⁸ "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. ²⁹ Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. ³⁰ My yoke is easy to bear, and my burden is light."

Matthew 11:28-30 The Message (MSG)

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."

1. What is Jesus' general assumption about us within his three questions?
 2. How accurately does this describe you?
 3. What is his core invitation?
 4. What are the results dependent on?
5. Did one version speak to you more clearly than another?

Reflection on the video segment for Session 1

(if you have not watched the video yet, take a few moments to view it now by clicking the link for the Session 1 video on the "Get Your Life Back" page at www.beulahpresby.org. If the link prompts you to log in – use the email: churchoffice@beulahpresby.org and the password: Beulah2020)

1. In what specific ways has the pace of your life accelerated in the past few years?
2. Are there certain things you've had to give up recently—such as hobbies or simple pleasures—just to keep up?
3. Were you surprised to hear we spend ten hours a day consuming media of some sort? What has the effect of this been on your soul?
4. What was the experience of the One Minute Pause like for you? Was it difficult to not try to be productive during that time—or easy to simply let your soul breathe?
5. 1 Peter 5:7 says: "Throw all your anxiety onto him, because he cares about you." Common English (CEB) (some versions use burdens instead of anxieties). How good are you at practicing this?
6. Benevolent Detachment involves learning to release everyone and everything to God. What are the hardest things for you to release to God? Why?

CLOSING PRAYER

Remember, prayer is simply talking to God. Here are a few ideas of what you could pray about based on the topics of this first session:

Ask God to reveal the ways that you are running on empty—physically and spiritually. Pray for God to help you learn how to live freely and lightly. Commit to doing the One

Minute Pause each day. Cast all your cares and burdens to God and leave them there. Release everyone and everything to the Father through Benevolent Detachment.

GIVING IT A TRY

Your first weekly practice involves the One Minute Pause. It can be used in many ways: for prayer or silence, to find your heart again, or to enjoy a moment of beauty. We'll develop this practice throughout this study.

To get started: Pick one or two moments each day when you are least likely to be interrupted. Set your phone alarm to remind you. Pick a notification sound that is gracious, not adrenaline producing ("Bell," or better "Silk." Not "Suspense" or "News Flash" for you iPhone users). You are not sounding an alarm; you are inviting your soul to a gracious pause.

In these sixty seconds: Be still and simply breathe. Let everyone and everything go.

Ask for more of God: Jesus—I need more of you; fill me with more of you, God. Restore our union; fill me with your life.

John Eldridge has developed an app to help you practice the One Minute Pause; You can find it for free in the app store. This one simple practice will open the door to many others. Your soul is going to thank you.

*This Session One study guide is Adapted from the "Get Your Life Back" study guide by John Eldridge, Thomas Nelson Publishing 2020.