

Session 3

The One Thing

OPENING PRAYER

Loving Father,

Open our hearts and minds and allow us to slow down to the speed of joy. Show us what is possible and fill us with the grace, strength, and wisdom to live out all the good things we explore here together. Send your Spirit upon us so that we can discover your dream for us to become the-best-versions-of ourselves and have the clarity to see that busy is not our friend. We ask you to bless in a special way the anxious, the overwhelmed, the restless, and the discouraged. Remind us of our need to slow down and inspire us to be filled with profound gratitude and true rest. We ask all this through your Son, Jesus. Amen.

DISCUSSION QUESTIONS

1. If you could take a road trip with anyone, living or dead, who would you choose? Why?
2. What did you learn from this section about leisure? What surprised you or caught your attention?
3. How often are you able to live life at a leisurely pace? What needs to change in your life to make that possible?
4. Jesus was a peaceful presence in every room— never rushing, always present. Who is someone in your life who is a peaceful presence? How can you be a peaceful presence?
5. On a scale of one to ten, how would you rate your friendship with silence?
6. If you were given a year-long sabbatical, how do you think you would spend it? How do you think it would change your life?
7. What does your Sabbath (Sunday) look like? What do you need to do to rest and slow down to the speed of joy every Sunday?

CLOSING PRAYER

Jesus, Thank you for giving us Sundays. You created them because you know we need to rest—help us to see the power of that rest. Even when it's difficult, remind us to slow down

to the speed of joy, especially on Sundays. Teach us how to be more open to resting in you and reveal to us the ways in which we can be a peaceful presence to others. Amen.

THIS WEEK'S HOLY MOMENT CHALLENGE

Make one intentional change this coming Sunday to honor it as a day of rest.

Adoration Reflections:

“Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.” (Philippians 4:4–7)

“A thief comes only to steal and slaughter and destroy; I came so that they might have life and have it more abundantly.” (John 10:10)

“As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father’s commandments and remain in his love. “I have told you this so that my joy may be in you and your joy may be complete. This is my commandment: love one another as I love you.” (John 15:9–12)