

INTEGRITY CHURCH BIBLE STUDY

GET YOUR LIFE BACK Session 1: The One Minute Pause

Core Scripture:

Are you tired Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life... and you'll learn to live freely and lightly. Matthew 11:28-30, MSG

SUMMARY

- We tend to go through our days with no margin- racing from one thing to the next. As the pace in which we're living accelerates, we don't seem to have even one minute to just pause, breathe and release it all to Jesus.
- The big lie is how technology was supposed to create room in our lives for all those things that we enjoy. It's done the exact opposite, increasing our workload as we try to keep up to the pace of a world gone completely mad.
- On average, we spend four hours a day on our mobile devices, three hours using apps of various kinds, and ten hours a day consuming media of some sort.
- It's not just the tsunami of information that is coming at us but also the trauma of the world. It's hard on the soul. There's very little room left to be human anymore.
- The one Minute Pause is the practice of taking sixty seconds to simply breathe, be quiet, and let your soul catch up to you. This isn't a time to pray, process, or be productive – but simply to breathe.
- Benevolent Detachment is the practice of releasing everyone and everything to God. "Benevolent" because it's not angry or cynical but done in love and kindness, "Detachment" because it recognizes we can't carry the world. We are not God.
- Jesus is actually really serious about us turning things over to Him on a regular basis (Matthew 11: 28-30). The One Minute Pause and Benevolent Detachment are two great ways to do so.

Discussion Questions

- 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) What does 1 Peter 5 say we should do with our worries and cares? 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?