



## Teaching: Recapturing the Present

### Day 1: Slowing Down with Jesus

**Scripture:** *"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy, and my burden is light."* — Matthew 11:28-30

**Reflection:** Life today feels like a constant sprint—emails, meetings, social obligations, and the never-ending pull of technology. But Jesus invites us into something radically different: rest. This rest isn't just about naps or vacations; it's a soul-deep refreshment that comes from being yoked to Him. Jesus' way of life is unhurried and purposeful. Slowing down with Him allows our weary souls to breathe and align with what truly matters. When we slow down, we create space for God to speak and work in our lives in ways we often miss in our busyness. His invitation is not to do more but to be present with Him, experiencing the fullness of His peace.

**Today's Practice:** Take 10 minutes today to sit in silence. No phone, no to-do list—just you and Jesus. Start by taking a few deep breaths, then ask Him to help you slow down and feel His presence. Notice what comes up in the quiet. Let go of any feelings of guilt or productivity pressure. Simply rest in Him. Afterward, reflect on how this silence changes your perspective for the rest of the day.

**Prayer:**

"Jesus, I bring my hurried heart to You. Teach me to walk at Your pace, trusting that Your yoke is easy, and Your burden is light. Refresh my soul with Your peace. Help me create moments to experience Your presence each day."

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### Day 2: The Enemy of Hurry

**Scripture:** *Be still, and know that I am God.* – Psalm 46:10

**Reflection:**

Hurry doesn't just drain our energy—it sabotages our ability to connect with God and others. When we rush through life, we miss the sacred moments: a smile from a friend, the

beauty of creation, the whisper of God's Spirit. Slowing down is an act of resistance in a culture obsessed with speed. Being still helps us remember that God is in control, not us. It's in the stillness that we rediscover the joy of simply being loved by God, without having to prove our worth. We're reminded that His presence is the anchor in the storm of life, grounding us in His peace and purpose.

**Today's Practice:**

Find one moment today to slow your physical body—whether it's walking slower, driving without rushing, or pausing for a few deep breaths. As you do, silently pray, "God, I trust You." Let this small act remind you that you're not in control, and that's okay. Pay attention to how this shift affects your attitude and interactions throughout the day.

**Prayer:**

"Lord, I confess my addiction to hurry. Teach me to embrace stillness, trusting that You are God. Slow me down so I can notice You in the ordinary. Help me to trust Your timing and find joy in the present."

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**Day 3: Living at Jesus' Pace**

**Scripture:**

*"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine."* – John 15:4

**Reflection:**

Jesus modeled a life of intentional rhythms—He worked, rested, prayed, and connected with people. He never rushed, even when others pressured Him. Remaining in Him means adopting His pace, trusting that fruitfulness comes from connection, not striving. Are you abiding in the vine, or are you running on empty? When we live at Jesus' pace, we discover the freedom to let go of perfectionism and embrace grace. It's in this abiding that we find strength, renewal, and the ability to bear fruit that lasts. His pace teaches us to prioritize presence over performance.

**Today's Practice:**

Choose one task you'll do more intentionally today. Whether it's a conversation, a meal, or your commute, do it slowly and with your full attention. Pray beforehand, asking God to help you stay present. Reflect on how this changes your experience. Consider journaling about what it feels like to intentionally slow down and engage fully.

**Prayer:**

"Jesus, help me stay connected to You as my source of life. Teach me to live at Your unhurried pace, trusting that You'll bear fruit in me. May I embrace the rhythm of grace You offer and find rest in Your presence."

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**Day 4: Resisting Distraction**

**Scripture:**

*"Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus." – Hebrews 12:1-2*

**Reflection:**

Distractions pull us away from what truly matters. They make us reactive instead of intentional, leaving little room for God. Slowing down isn't just about doing less; it's about focusing on the right things. Fixing our eyes on Jesus helps us run our race with clarity and purpose. In a world filled with noise, resisting distraction becomes an act of worship. It's a way to say, "Jesus, You are worth my attention." The more we fix our eyes on Him, the more we align our lives with His heart and His mission.

**Today's Practice:**

Set aside a "no phone" hour today. Use this time to focus on something meaningful—prayer, reading Scripture, or spending quality time with a loved one. Notice how freeing it feels to resist distraction and be present. Journal about what you experienced during this hour and how it affected your sense of connection with God and others.

**Prayer:**

"Jesus, help me fix my eyes on You and let go of the distractions that pull me away. I want to run my race with purpose and joy. May my heart be fully devoted to You, finding freedom in Your presence."

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**Day 5: A Rule of Life****Scripture:**

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. –Proverbs 3:5-6*

**Reflection:**

Creating a "rule of life" is about intentionally aligning your days with God's purposes. It's not a rigid checklist but a framework that helps you slow down and stay rooted in Him. As we trust Him with our rhythms, we'll find that He makes our paths straight, bringing clarity and peace to our lives. A rule of life invites us to live with intention rather than reaction, creating space for God's Spirit to shape us. Over time, these practices become a means of grace, drawing us closer to Jesus and helping us live as He did—full of peace, purpose, and love. For more info, visit: [www.rhcctopeka.org/ruleoflife](http://www.rhcctopeka.org/ruleoflife).

**Today's Practice:**

Take 15 minutes to write down one or two practices you want to incorporate into your daily rhythm—whether it's morning prayer, tech-free evenings, or Sabbath rest. Commit these to God and ask for His guidance as you begin to live them out. Revisit this list weekly to see how these practices are shaping your walk with Jesus.

**Prayer:**

"Father, I submit my days to You. Help me create rhythms that honor You and shape me to be more like Jesus. Lead me in Your ways and make my path straight. May my life reflect Your priorities and bring glory to You."