

# THE PACING OF JESUS

## CIRCLE UP | DAVE BUEHRING

### Key Points

- Jesus was secure in who He was, where He came from, and where He was going, which enabled Him to serve others without needing to prove His worth or identity.
- Jesus did only what He saw His Father doing, watching and listening for where God was already working rather than initiating everything Himself.
- Jesus was motivated by obedience, not driven by needs—He didn't respond to every need but sought the Father's direction first.
- Jesus rested with His friends for a while, recognizing the importance of intentional refueling and distinguishing between adventures, outreaches, family time, and true vacations.
- Jesus knew His vision could only be fully realized by multiplying His life within others, prioritizing discipleship and generational investment.
- Busyness often stems from internal issues like the need for approval, performance-based identity, or fear of missing out rather than external demands alone.
- Operating at 85% capacity as a norm allows for a 15% reservoir when sprint seasons require extra energy.
- Prayer retreats and seeking God's direction together as couples helps ensure alignment with God's purposes.

### Scripture References

John 13:2-5  
John 5:19-20  
John 11:1-6, 17  
Mark 6:30-32  
Matthew 28:18-20

## Discussion Questions

1. How might our busyness be a subtle form of disobedience or a way the enemy keeps us from deeper intimacy with God?
2. In what ways does your identity depend on your titles, roles, or accomplishments rather than being rooted in being a beloved son or daughter of God?
3. What would it look like practically for you to watch and listen for where God is already working in your workplace, family, or community before initiating your own plans?
4. What is preventing you from building regular rhythms of rest and refueling into your life, and what would need to change for that to happen?
5. When was the last time you said yes to something without first consulting God, and what were the consequences of that presumption?



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