Podcast Episode Notes
BEST OF: Jesus Paced Himself. Do You?

We are six months into the year. For most of us, those resolutions we made at the beginning of the year and some of the lessons we learned during the worst of the pandemic are in the rearview mirror. We're back to being overly busy. Can Jesus relate? He spent a short time on Earth. He had a lot to do. He was surrounded by need but, He was never in a hurry and always on time. What can we learn from Jesus and can we do the same?

1. Jesus was secure in who He was so He could freely serve – John 13:1-5
    - vs.1 – "Jesus knew that His hour had come"
        - Understanding one's "season" allows one to simply serve where they are at
    - vs.1 – "having loved His own…He loved them to the end"
        - Sincerely loving those God gives us provides us with the focus of our service
    - vs.3 – "knowing the Father had given all things into His hands"
        - Knowing the will of God and how we fit within it allows us to serve with effectiveness
    - vs.3 – "He had come from God and was going back to God"
        - It is essential that our identities be rooted in who we are related to (God) – and not in what we do

2. He did only what the Father was doing - John 5:19,20
    - v.19 – "…the Son can do nothing of His own accord…"
        - It raises the question – who is the initiator of what you do in life? What God initiates He permeates with His presence, what you initiate you have to sustain. Often, we create habits where we do things on our own and ask God to bless it.

    - v.19, 20 – "…but only what He sees the Father doing. For the Father loves the Son and shows Him all that He Himself is doing."
        - Whether you are in full-time ministry or working in the marketplace, are you spending the kind of time alone with God in the Scriptures, prayer, waiting on Him or just being in His presence so that you can actually see what He is doing and join in on it? Or, are you doing your thing for God asking Him to bless it? Remember, He blesses what He births, not what we launch for His Name's sake.

3. He was not driven by needs but rather was motivated by obedience – John 11:1-44

- When I look at Jesus, I see Him motivated by obedience to the Father and not by the needs of the people around Him.

- John 11 – story of Lazarus – so when he heard that Lazarus was ill, he stayed two days longer.

-Being motivated to meet people's needs is a good one but not the highest one. If one is not careful, it can lead to a lot of busyness not necessarily fruitfulness.

4. He rested with His friends for a while - Mark 6:31
-Jesus seemed to gain strength from their friendships while at the same time investing in them. I have always found it interesting that he stopped in Bethany to hang out with Lazarus, Mary and Martha on his way to Jerusalem where He knew He would be crucified (John 12:1-3).

5. He knew that His vision could only be fulfilled by multiplying His life in others - Mt.28:18-20
-Look how much time He gave to it! In His unhurriedness, He made people -- their growth and finding their place -- a priority. It was never an add-on or "got to." He understood that this is the primary way that the Kingdom gets passed on and advanced.

Reflection point #1: When you have an opportunity to break your stride for a few moments, consider your current pacing versus the pacing of Jesus.
Reflection point #2: Is your current pace dictated more by "a push" or "a peace?"
Reflection point #3: What are you motivated by? Is it your closet times with Jesus and those He has called you to walk with or the loud noise of neediness that surrounds all of us every day? I think Jesus' words to us today would be simple: listen – pray – obey.
Reflection point #4: Does rest and restorative relationships sound too easy or not spiritual enough to you? Consider the consequences of a life lived without these two key contributors to our pacing. Are they lacking in your life? If so, what can you begin to do today to turn that around? Take a nap or plan an extended getaway or vacation. And on the friend front, consider who it is that you receive something from when you are in their presence and look for ways to be more intentional about time with them. Remember, Jesus rested with his friends. So can you.
Reflection point #5: Discipling others was not just a priority to Jesus. It was part of his pacing and life flow. Should it not also be for me? Who are you pouring into?

Recommended resource: "Margin" by Dr. Richard Swenson. His definition: "Margin is the space between our load and our limits." We usually overcommit to a 120% life. We should live an 80% life so that there is margin. God didn't make us to be burnt out

Dave Buehring teaches a 6-month course called *A Leadership Journey* during which he spends time teaching and discipling participants on the compass points to finishing well. Learning the pacing of Jesus is one of those compass points.

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