

# KEEP TALKING

In this message, Tyler Gay taught us the importance of aligning ourselves with God's priorities and pace so we can go the distance. Use this guide to keep talking about Sunday's message.

## SERMON HIGHLIGHTS

- Most of us feel unnecessary pressure in three areas:
  - The pressure of **priorities**
  - The pressure of **pace**
  - The pressure of **perception**
- Burnout happens when we don't go at God's pace.
- When God leads you, pressure doesn't have to break you — it can build you.

## KEY SCRIPTURES

- Exodus 18:13-24
- Galatians 1:10
- 2 Corinthians 4:8-9

## START TALKING

- What's one thing on your schedule right now that makes you wonder, "*Why did I agree to this?*"

## KEEP TALKING

- What was your biggest takeaway from this message?
- In Exodus 18, Jethro helped Moses focus on the *most important* things. What tends to distract you from focusing on what matters most (phone, work, expectations, etc.)?
- Moses was leading "from morning until evening," and it wasn't sustainable. Where in your life does your current pace feel unsustainable right now?
- Moses felt the weight of being needed and expected to show up for everyone. Where are you being driven or controlled by the opinions or expectations of others? What's it costing you?
- Tyler challenged us to practice *real rest* in our rhythm. What would it look like for you to implement real rest into your schedule this week?

## KEEP IT GOING

- In this message, Tyler talked about practicing Sabbath. It's not about doing nothing — it's about slowing down enough to remember God is God, and we're not. It's a weekly invitation to rest and be present. This week, try...
  - Taking a walk with no music, podcast, or distractions
  - Sharing a slow, intentional meal with friends or family
  - Putting your phone away for a set amount of time
  - Spending time in Scripture or prayer without rushing
  - Doing something that brings you joy (read, nap, be outside, create)
- And be sure to keep the conversation going during [Keep Talking Live](#) this Wednesday at 7PM on YouTube. This is where we continue unpacking the message and talking about ways to practically live out what we're learning!

## PRAYER

*Lord, thank you for the gift of rest. Show us where we need to slow down and rearrange our priorities so we can experience more of you. We love you, and we want what you have planned for us — nothing more and nothing less.*

*For more resources - [cf.church/featuredresources](https://cf.church/featuredresources)*