

Rhythm VS **Rush**

FINDING GOD'S PACE

Jesus did not call people to **events**, but to a **way of life**.

Rush produces converts who burn out.

Rhythm produces disciples who endure.

Disciples Learn to Discern Seasons, Not Force Outcomes

Ecclesiastes 3:1

“To everything there is a season...”

Discipleship begins with learning **discernment**—recognising what God is doing now, not what we wish He were doing.

A disciple understands that hidden seasons—plowing, sowing, waiting—are just as formative as harvest.

Disciples Are Formed Through Restful Obedience

Jesus' invitation is not simply to believe—but to **learn His way** of living.

Matthew 11:28–29

“Come to me... learn from me...”

To be yoked to Jesus is **to submit to His pace**. Many believers follow Jesus but not in rhythm.

Disciples Practice Rhythms That Shape the Heart

Disciples are not formed by willpower alone, but by holy habits.

Colossians 3:16

“Let the word of Christ dwell in you richly...”

The Word must dwell—not visit occasionally.

Disciples Learn **the Way of Jesus**, Not **Just the Words** of Jesus

Matthew 11:29

“Learn from me...”

Discipleship means imitation. Jesus modelled:

- *Withdrawal before engagement*
- *Prayer before decisions*
- *Obedience before results*

**God is not primarily asking us to do more in 2026.
He is asking us to become more like Jesus.**

**Choose rhythms that shape you into a disciple—not a
rushed believer.**