



# Practical questions to ask Jesus when you want to slow down

## CHARACTER/VALUES

- What qualities of character do I want to grow in myself? In my children?
- What values do I hold? Am I living by these?
- What type of person do I want to become? Help shape my children into becoming?

## BIG PICTURE

- What do I want my life to look like?
- What is it that I want to be different?
- What will it look like when things feel better?
- What will it look like when I feel more free?
- In my life, what am I relying on?
- Who am I pointing people to?
- What does it say about me that I'm frequently overwhelmed?
- What do I need to learn about myself?

## PACE

- What pace works best for our family: fast, medium, or slow? What pace are we currently setting?
- Does our current pace and schedule allow for time to cultivate these values?
- Do I need a break in pace or focus for a season OR do I need to make distinct changes?
- Do I have time to rest? If not, what changes can I make? By when?
- Is my life quiet enough to hear from God? If not, what changes can I make? By when?

## SERVING

- Am I serving/working to impress anyone?
- Am I serving/working to receive external rewards?
- Is my service/work affected by moods and whims?
- Am I using this service/activity to feel good about myself?
- Am I using my service/activity to muffle God's voice demanding that I change?

## BIBLICAL PROMISES

- What Biblical promises am I not believing?
- What commands am I ignoring that I should obey?
- What self-imposed commands am I obeying that I should ignore?
- What's going on in my soul so that busyness has become a major factor in my life?