



SOUL SUPERCHARGE

THE HIDDEN COST OF HURRY

What is the pace of your life doing to your soul?

VISION
C H U R C H

Life tries to wear you out, drag you down, or even get you to give up. But Jesus has something better in store for you! More than some typical encouragement or refreshment, over the next 8 weeks, **God wants to do a Soul Supercharge in you.** Yes, a supercharge!

Your soul (mind, will & emotions) is created by God to thrive--literally to live abundantly. Jesus declared that in John 10:10! Sometimes you need a boost along the way, and these next 8 weeks are designed to give you that boost and propel you to higher and better places. We have 4 different resources to help in this season of your journey:

1. **Sunday sermons.** Right from the Bible, designed to help you not only understand God's teaching, but have creative and tangible ways to apply His Word.
2. **Devotionals.** For each of the 8 weeks, you have up to 5 days per week of resources that can help you spend time in your Bible, with God personally, taking the topics deeper.
3. **Small groups.** We offer Supercharge Groups for teenagers, couples, men and women. You can select a group that will meet every other week, for a total of 4 group meetings over the course of the series. You will have a chance to dig deeper into the topics, get to know other people, and have true encouragement on your journey.
4. **The book: grab a copy of "The Ruthless Elimination of Hurry"** by John Mark Comer and read along, with the concepts that we are unpacking throughout the series.

God has great things ahead...let's walk together and get supercharged! ~Pastor Matt Vanderbilt



WEEK 1 — THE PROBLEM WITH HURRY

DAY 1 — BUSY OR HURRIED?

READ: Luke 10:38–42

ALSO READ: Philippians 4:6–7

Martha was doing a good thing. She opened her home to Jesus and served Him. Yet somewhere along the way, serving Jesus became more important than simply being with Jesus.

Notice the words Jesus uses to describe Martha: **“worried and upset about many things.”** Her problem wasn’t simply that she had a lot to do. Something happening around her had begun affecting something happening **inside her**.

That’s the danger of hurry.

Being busy and being hurried aren’t necessarily the same thing. You can have a full schedule and a peaceful soul. You can also have an empty afternoon and still feel restless, distracted, and anxious.

Today, don’t simply ask, **“How busy am I?”**

Ask a deeper question:

“What is the pace of my life doing to my soul?”

Jesus didn’t condemn Martha for serving. He invited her to remember what mattered most.

THINK ABOUT IT

1. Where do you most notice hurry affecting your attitude, relationships, or relationship with God?
2. What might Jesus be inviting you to slow down enough to notice today?

DAY 2 — COME TO ME

READ: Matthew 11:28–30

ALSO READ: Psalm 55:22

Jesus' invitation begins with three incredibly simple words:

"Come to me."

Not "try harder." Not "get everything finished." Not "be more productive."

Come.

Jesus was speaking to people who understood heavy loads. He describes them as **"weary and burdened."** His answer isn't necessarily the removal of every responsibility. Instead, Jesus offered to teach them a different way of carrying life.

"Take my yoke upon you and **learn from me.**"

Maybe the solution to an exhausted soul isn't escaping our lives. Maybe it's learning to live our lives differently—with Jesus.

You probably have responsibilities today. People need you. Work needs to be done. Problems need attention.

Jesus isn't necessarily asking you to abandon those things. He's inviting you to stop carrying them alone.

Before you rush into everything that needs to be done today, hear His invitation:

Come to Me.

THINK ABOUT IT

1. What feels particularly heavy in your life right now?
2. What would it practically look like to carry that responsibility with Jesus today?

DAY 3 — BE STILL

READ: Psalm 46:1–11

ALSO READ: Isaiah 30:15–18

Psalm 46 describes anything but peaceful circumstances. The earth gives way. Mountains fall into the sea. Waters roar. Nations are in uproar.

Then, in the middle of all that chaos, God says:

“Be still, and know that I am God.”

God doesn’t say, “Be still because everything around you is finally still.”

He invites us to become still **even when life isn’t**.

Sometimes we tell ourselves: *I’ll slow down when this week is over. I’ll spend more time with God when things settle down.*

But there will probably always be something left to do.

Stillness isn’t the absence of responsibility. It’s recognizing God’s presence in the middle of it.

You don’t have to control everything today. You don’t even have to understand everything.

Stop long enough to remember:

He is God. You are not. And that’s good news.

THINK ABOUT IT

1. What circumstance is creating the most internal noise in you right now?
2. Take two quiet minutes. What changes when you intentionally remember that God is present and in control?

DAY 4 — NUMBER YOUR DAYS

READ: Psalm 90:1–12

ALSO READ: Ephesians 5:15–17

We count a lot of things: money, steps, calories, meetings, tasks.

Moses asks God to teach us to count something far more valuable: **our days**.

“Teach us to number our days, that we may gain a heart of wisdom.”

Our time is limited. That isn’t meant to frighten us. It’s meant to help us live intentionally.

Hurry creates an interesting contradiction: **we’re rushing through the very life we’re trying so hard to make meaningful.**

We rush through dinner to clean the kitchen. Rush through bedtime to get something else done. Rush through conversations while thinking about what’s next.

Sometimes we become so focused on **getting to the next thing** that we miss the thing God has given us **right now**.

Today is part of your limited supply of days.

Don’t merely get through it.

Be present for it.

THINK ABOUT IT

1. What part of your life are you most tempted to rush through?
2. If you truly viewed today as a gift from God, what would you do differently?

DAY 5 — COME AWAY

READ: Mark 6:30–32

ALSO READ: Psalm 23:1–3

The disciples had been busy doing ministry. People were constantly coming and going. Mark tells us they were so busy they **“did not even have a chance to eat.”**

That sounds surprisingly modern.

Jesus doesn't congratulate them for their incredible work ethic. He says:

“Come with me by yourselves to a quiet place and get some rest.”

Jesus recognized something we often forget:

Good work can still exhaust a human soul.

Even serving God doesn't eliminate our need for rest.

Notice what Jesus says: **“Come with me.”**

Rest isn't merely stopping activity. It can become time **with Jesus.**

Maybe you don't need to cancel every commitment or dramatically change your life. But perhaps Jesus is inviting you to create some room.

Come away. Get quiet. Rest.

And most importantly, **be with Him.**

THINK ABOUT IT

1. What warning signs tell you that your soul is becoming tired?
2. What is one specific change you could make this coming week to create more room for Jesus?

WEEK 2 — BE WITH JESUS BEFORE YOU DO FOR JESUS

DAY 6 — STAY CONNECTED

READ: John 15:1-8

ALSO READ: Psalm 1:1-3

A branch has one primary job: **stay connected**.

It doesn't manufacture fruit by trying harder. Fruit develops naturally when the branch remains connected to a healthy vine.

Jesus uses that picture to describe our relationship with Him:

"Remain in me."

We often reverse the process. We try harder to become loving, patient, peaceful, generous, and spiritually productive.

Jesus begins somewhere else: connection.

This doesn't mean effort has no place in following Jesus. It means our effort must flow from relationship rather than replace it.

You can be busy doing Christian things while becoming spiritually dry. You can serve, lead, give, attend, and accomplish while gradually disconnecting from Jesus.

Before asking, **"What should I do for God today?"**, perhaps ask:

"How can I remain connected to Jesus today?"

Fruit follows connection.

THINK ABOUT IT

1. What helps you feel most connected to Jesus?
2. Are you currently producing from connection with Jesus or primarily from your own strength?

DAY 7 — WITH HIM

READ: Mark 3:13–15

ALSO READ: Acts 4:8–13

Jesus called twelve men and appointed them for an enormous mission. They would preach, lead, heal, and eventually carry the gospel throughout the world.

But notice the order.

Jesus appointed them first **“that they might be with him”** and then that He might send them out.

With Him came before sent by Him.

Years later, people were amazed by Peter and John. They weren’t impressed by their education or credentials. Instead, they recognized something:

These men had been with Jesus.

What if that became one of the goals of your life?

Not simply that people would say, “They know a lot about Jesus,” but:

“I can tell they’ve been with Jesus.”

What we consistently spend time around eventually shapes us.

Spend time with Jesus—not simply to get something from Him or accomplish something for Him.

Spend time with Jesus because **being with Jesus changes us.**

THINK ABOUT IT

1. What evidence might others see that you’ve been spending time with Jesus?
2. What tends to crowd out your time to simply be with Him?

DAY 8 — ROOTS BEFORE FRUIT

READ: Jeremiah 17:5–8

ALSO READ: Colossians 2:6–7

Two trees can look similar for a while.

Then drought comes.

Jeremiah describes the person who trusts God as a tree planted beside water. When heat comes, its leaves remain green. During drought, it continues producing fruit.

Why?

Its hidden roots have access to a source.

Most people notice fruit. God pays attention to roots.

Our public lives are eventually affected by our private connection with God. When our roots are shallow, difficult seasons expose it. But deep roots allow us to remain spiritually alive even when circumstances become difficult.

You cannot always control the climate around you.

There will be stressful seasons, disappointments, uncertainty, conflict, and loss.

But you can determine where your roots grow.

Don't wait for drought to discover that your roots aren't deep enough.

THINK ABOUT IT

1. What spiritual practices are helping your roots grow deeper?
2. What tends to happen to your relationship with God when life becomes difficult?

DAY 9 — FIRST THINGS FIRST

READ: Mark 1:32–39

ALSO READ: Psalm 5:1–3

Jesus had an incredibly successful day of ministry. People were healed. Demons were driven out. The whole town gathered at His door.

The next morning there was more to do.

Yet before sunrise, Jesus went to a solitary place and prayed.

Then the disciples found Him with an urgent message:

“Everyone is looking for you!”

Notice that other people’s urgency didn’t automatically determine Jesus’ priorities.

Jesus had spent time with His Father, and He knew where He needed to go next.

We often begin our days by allowing the world to tell us what’s important: notifications, email, news, schedules, and requests.

What might change if God’s voice had the opportunity to speak **before all the other voices?**

Before giving the world your attention today, give some of it to Jesus first.

THINK ABOUT IT

1. What normally gets your first attention each morning?
2. What could you change to give Jesus your attention before the day’s demands take over?

DAY 10 — FRUIT, NOT FORCE

READ: Galatians 5:16–25

ALSO READ: 2 Corinthians 3:17–18

Love. Joy. Peace. Patience. Kindness. Goodness. Faithfulness. Gentleness. Self-control.

Paul calls these qualities **fruit**. Fruit grows.

You can't tape an apple onto an unhealthy tree and call the tree healthy. Genuine fruit comes from what's happening inside.

Spiritual transformation works similarly.

Following Jesus certainly involves choices and discipline, but becoming like Jesus is more than behavior modification. The Holy Spirit changes us from the inside out.

As we walk with the Spirit and remain connected to Jesus, His character increasingly becomes visible in us.

Here's an interesting question:

What is growing in me?

Not merely: What am I accomplishing?

Our greatest spiritual accomplishments mean very little if we're becoming increasingly impatient, angry, anxious, prideful, or unloving.

Jesus isn't only interested in what you're doing.

He's interested in **who you're becoming**.

THINK ABOUT IT

1. Which fruit of the Spirit do you most want God to develop in you right now?
2. Are your current rhythms helping you become more like Jesus?

WEEK 3 — SLOW DOWN TO HEAR GOD

DAY 11 — THE WHISPER

READ: 1 Kings 19:9–13

ALSO READ: Psalm 62:1–8

Wind. Earthquake. Fire.

Elijah experienced three dramatic events, yet the passage says the Lord wasn't in them. Then came a gentle whisper.

God certainly can speak dramatically. But sometimes He speaks quietly.

Our problem may not be that God has stopped communicating. It may be that we've filled every quiet space.

We reach for our phones in elevators. Turn on music in the car. Watch television while eating. Fill walks with podcasts.

None of those things is inherently wrong. But constant input can leave little room to listen.

Today, don't ask God to compete with all the noise you've invited into your life.

Create some space.

Turn something off.

Become quiet.

And pray Samuel's simple prayer:

"Speak, Lord, for your servant is listening."

THINK ABOUT IT

1. What creates the most noise in your life?
2. Where could you intentionally create a few minutes of silence today?

DAY 12 — SPEAK, LORD

READ: 1 Samuel 3:1-10

ALSO READ: John 10:2-5, 27

Samuel heard his name but didn't initially recognize God's voice.

Recognition had to be learned.

Eventually Eli taught Samuel to respond:

“Speak, LORD, for your servant is listening.”

Jesus later described His followers as sheep who **know His voice**.

Learning to recognize God's leading develops through relationship. Scripture gives us the clearest standard for recognizing what is from God. The Holy Spirit will never lead us contrary to God's revealed character and Word.

But notice Samuel's posture:

He wasn't demanding an answer.

He was available.

Listening begins with surrender: **God, I'm here. I'm listening. I'm willing to obey.**

Sometimes we want God to speak so we can decide whether we agree.

A listening heart says:

Speak, Lord. I'm already Yours.

THINK ABOUT IT

1. When you pray, how much time do you spend talking compared with listening?
2. Is there something God has already shown you that you need to obey?

DAY 13 — JESUS WITHDREW

READ: Luke 5:15-16

ALSO READ: Luke 6:12-13

Jesus' popularity was exploding.

Crowds gathered to hear Him and be healed.

That sounds like exactly the moment to work harder.

Instead:

“Jesus often withdrew to lonely places and prayed.”

Notice the word **often**.

Solitude wasn't Jesus' emergency response when He finally burned out. It was part of His regular rhythm.

Before selecting the Twelve, Jesus spent the night praying.

Jesus intentionally stepped away from people so He could be with His Father.

If Jesus needed regular solitude, why would we assume we don't?

Solitude isn't isolation. Isolation disconnects us from relationship. Biblical solitude intentionally steps away from people **in order to be with God**.

Sometimes withdrawing is exactly what prepares us to return and love people well.

THINK ABOUT IT

1. Where could you realistically create regular time alone with God?
2. Why do you think Jesus prioritized solitude even when people needed Him?

DAY 14 — QUIET STRENGTH

READ: Isaiah 30:15–18

ALSO READ: Exodus 14:10–14

Israel wanted to run. God invited them to trust.

Isaiah says:

“In repentance and rest is your salvation, in quietness and trust is your strength.”

That’s almost the opposite of our instincts.

When something goes wrong, we want to move. Fix it. Solve it. Control it.

At the Red Sea, Israel panicked as Pharaoh approached. Moses told them:

“The LORD will fight for you; you need only to be still.”

Stillness doesn’t mean passivity. Israel eventually had to move forward.

But action came from trust rather than panic.

There’s a significant difference between **responding to God** and **reacting to fear**.

Before rushing into whatever is troubling you today, become quiet.

Ask God:

What does faithfulness look like here?

Then move when He tells you to move.

THINK ABOUT IT

1. Where are you most tempted to react out of fear or urgency?
2. What would responding from trust look like instead?

DAY 15 — GUARD THE INPUT

READ: Proverbs 4:20–27

ALSO READ: Philippians 4:8–9

Your mind is receiving input almost constantly.

Images. Opinions. Advertisements. News. Conversations.
Entertainment. Social media.

And input eventually influences output.

Proverbs tells us:

“Above all else, guard your heart, for everything you do flows from it.”

Guarding your heart doesn’t mean hiding from the world. It means becoming intentional about what you repeatedly allow to shape you.

Paul gives similar advice: intentionally think about what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.

Maybe one reason our souls feel noisy is that we’re consuming far more than we were designed to process.

Today, pay attention not merely to how much information you consume but to **what kind**.

Every voice doesn’t deserve equal access to your soul.

THINK ABOUT IT

1. Which sources of input most influence your thoughts and emotions?
2. Is there one source of noise you need to reduce so God’s truth has more room?

WEEK 4 — SABBATH: LEARNING TO STOP

DAY 16 — GOD RESTED

READ: Genesis 2:1-3

ALSO READ: Exodus 20:8-11

On the seventh day, God rested.

Not because He was tired.

God didn't reach Saturday exhausted and say, "I can't create another thing."

He stopped because His work was complete.

Before sin entered the world, before the Ten Commandments, before Israel existed, God built a rhythm into creation:

Work. Stop.

Our culture often views stopping as weakness. God included it in the rhythm of a healthy life.

Rest isn't the opposite of productivity. Healthy rest helps keep productivity from becoming our identity.

You aren't valuable because of what you accomplished this week.

You were valuable before you checked off a single task.

God worked. God stopped. And He called His creation very good.

Perhaps one way we reflect God's design is learning both **when to work and when to stop.**

THINK ABOUT IT

1. Why is stopping difficult for you?
2. What does your ability—or inability—to rest reveal about what you believe gives you value?

DAY 17 — ENOUGH FOR TODAY

READ: Exodus 16:13–30

ALSO READ: Matthew 6:31–34

God provided manna for Israel one day at a time.

Normally, trying to stockpile it didn't work.

Then, before Sabbath, God provided enough for two days.

Israel had to learn something:

God can provide while I'm resting.

Sabbath is partly about trust.

We often keep working because somewhere inside we believe everything depends on us.

If I stop, I'll fall behind.

If I don't answer, they'll be upset.

If I don't handle it, who will?

Jesus reminds us that tomorrow has enough trouble of its own.

Do today's work faithfully.

Then trust God with what remains.

Sabbath declares:

God is still God when I'm not working.

That's humbling.

And wonderfully freeing.

THINK ABOUT IT

1. What are you afraid might happen if you intentionally stopped?
2. Where do you need to trust God to provide rather than trying to control everything yourself?

DAY 18 — MADE FOR YOU

READ: Mark 2:23–28

ALSO READ: Deuteronomy 5:12–15

Religious leaders had turned Sabbath into a burden.

Jesus corrected them:

“The Sabbath was made for man, not man for the Sabbath.”

God’s gift had become another rule to manage.

Sabbath isn’t supposed to become another item on your performance checklist.

It’s a gift.

Interestingly, Deuteronomy connects Sabbath with Israel’s freedom from slavery.

Slaves don’t control their schedules.

Pharaoh says, **Work. Produce. Make more bricks.**

God says, **Stop. You’re free.**

Our culture may not use whips and bricks, but we can still become enslaved to productivity, achievement, consumption, and constant availability.

Sabbath reminds us:

I am not a machine. I am not a slave. I am a child of God.

You have permission to stop.

THINK ABOUT IT

1. What “master” most pressures you to keep producing?
2. How could Sabbath become a gift rather than another religious obligation?

DAY 19 — RESTORED

READ: 1 Kings 19:1-8

ALSO READ: Psalm 127:1-2

Elijah was exhausted, afraid, and discouraged.

God's first response is fascinating.

He doesn't give Elijah a sermon.

He lets him sleep.

Then He provides food.

Then Elijah sleeps again.

Only afterward does God address deeper issues.

We're spiritual beings, but we're also physical beings.

Sometimes what feels like a spiritual crisis is intensified by exhaustion.

Rest doesn't solve every problem. But exhaustion can make every problem feel larger.

Psalm 127 warns against anxiously rising early and staying up late, reminding us that God gives sleep to those He loves.

Sleep can actually become an act of trust.

Tonight, going to bed may be one way of saying:

God, I'm finished for today. You aren't. I trust You with what remains.

THINK ABOUT IT

1. How does physical exhaustion affect you spiritually and emotionally?
2. Are you treating healthy rest as a necessity or merely as something you get when everything else is done?

DAY 20 — DELIGHT

READ: Psalm 92:1-5

ALSO READ: Ecclesiastes 3:9-13

Rest isn't merely doing nothing.

Biblical rest creates room to **enjoy God's goodness.**

Psalm 92 is identified as a song for the Sabbath. It's filled with gratitude and delight in what God has done.

Ecclesiastes says enjoying food, drink, work, and the good things of life can be gifts from God.

Imagine a Sabbath containing worship, good food, laughter, nature, family, friendship, naps, walks, and gratitude.

Sometimes Christians become so focused on serving God that we forget to **enjoy God and His gifts.**

Sabbath reminds us that God isn't merely useful.

He's good.

And life isn't merely an assignment to complete.

It's also a gift to receive.

Stop.

Rest.

Worship.

And enjoy the goodness God has already placed around you.

THINK ABOUT IT

1. What simple things bring you genuine, life-giving joy?
2. How could you intentionally include delight in your rhythm of rest?

WEEK 5 — LESS CAN BE MORE

DAY 21 — LIFE ISN'T STUFF

READ: Luke 12:13–21

ALSO READ: 1 Timothy 6:6–10

The rich man had a problem most people wouldn't mind having: He had too much. His solution was bigger barns.

Jesus called him foolish—not because planning or possessions are inherently wrong, but because the man had confused **having more with having life.**

Jesus says:

“Life does not consist in an abundance of possessions.”

That's radically different from the message surrounding us.

Advertising constantly whispers: *You'd be happier if you had this.*

But "enough" has a way of continually moving.

Paul gives another path:

Godliness with contentment is great gain.

Maybe the question isn't:

How can I get more?

Maybe it's:

How can I become grateful for enough?

Possessions are useful servants. They make terrible masters.

THINK ABOUT IT

1. Where are you most tempted to believe that “more” will make you happier?
2. What do you already have that you need to appreciate more deeply?

DAY 22 — WHAT HINDERS?

READ: Hebrews 12:1-3

ALSO READ: Philippians 3:7-14

Hebrews tells us to throw off **everything that hinders and the sin that so easily entangles.**

Notice the distinction.

Some things are sinful.

Other things simply slow us down.

A commitment can be good and still be too much.

An activity can be enjoyable and still consume too much attention.

A possession can be useful and still require more time, money, and energy than it's worth.

Spiritual maturity isn't only learning to say no to **bad things.**

Sometimes it's learning to say no to good things so we have room for **better things.**

Paul was willing to reassess things he once considered gains because knowing Christ mattered more.

Ask God today:

Is there anything I'm carrying that You never asked me to carry?

THINK ABOUT IT

1. What isn't necessarily wrong in your life but may be hindering you?
2. What could become possible if you let it go?

DAY 23 — WHERE YOUR TREASURE IS

READ: Matthew 6:19–24

ALSO READ: Colossians 3:1–4

Jesus makes an interesting connection:

“Where your treasure is, there your heart will be also.”

We often assume our money follows our heart.

Jesus suggests our heart also follows our treasure.

Where we repeatedly invest time, money, attention, and energy eventually shapes what we value.

That’s why simplicity is spiritual.

It’s not merely cleaning closets.

It’s asking:

What is shaping my heart?

Jesus doesn’t condemn possessions. He warns us against allowing temporary things to become ultimate things.

Look at your calendar. Look at your spending.

Look at your screen time.

Those things may tell you something about where your treasure is.

The goal isn’t guilt.

It’s alignment.

THINK ABOUT IT

1. What do your calendar and spending reveal about what you currently value?
2. Is there an area where your priorities need to become better aligned with Jesus?

DAY 24 — LEARN CONTENTMENT

READ: Philippians 4:10–13

ALSO READ: Proverbs 30:7–9

Paul says something important:

“I have learned to be content.”

Contentment wasn't automatic.

He learned it.

Paul experienced abundance and need, full stomachs and hunger, plenty and scarcity.

His peace wasn't dependent on getting circumstances exactly the way he wanted them.

That's freedom.

Our culture trains discontentment. There is always a newer version, bigger house, better vacation, higher income, or next achievement.

Contentment doesn't mean we stop growing or pursuing worthwhile goals. It means our joy isn't held hostage by what we don't have.

The person who always needs **one more thing** will never actually have enough.

Today, instead of focusing on what's missing, notice what's already present.

THINK ABOUT IT

1. In what area of life is contentment most difficult for you?
2. Name three things God has already given you that you can genuinely thank Him for today.

DAY 25 — SEEK FIRST

READ: Matthew 6:25–34

ALSO READ: Psalm 37:3–7

Jesus talks about food, clothing, tomorrow, and worry—all things that easily occupy our minds.

Then He simplifies everything:

“Seek first his kingdom and his righteousness.”

First. Not only.

Jesus isn't telling us to ignore responsibilities. He's giving our responsibilities an order.

When everything feels equally important, everything becomes urgent.

But when we know what comes first, other decisions become clearer.

Simplicity isn't merely owning fewer things.

It's living around clear priorities.

God's kingdom first. Relationship with Jesus first.

Then allow the rest of life to find its proper place around what matters most.

A simpler soul isn't necessarily a soul with fewer responsibilities.

It's a soul that knows **what matters most**.

THINK ABOUT IT

1. What is receiving “first place” attention in your life right now?
2. What would seeking God's kingdom first look like practically today?

WEEK 6 — FULLY PRESENT

DAY 26 — JESUS STOPPED

READ: Mark 5:21–34

ALSO READ: Luke 18:35–43

Jairus's daughter was dying.

Jesus was heading toward an emergency.

Then a woman touched His clothes.

Jesus stopped.

Imagine being Jairus. Every second mattered.

Yet Jesus wasn't so consumed by the urgent destination that He missed the hurting person beside Him.

Luke tells a similar story. A blind man cries out while the crowd tries to silence him.

Again:

Jesus stopped.

Hurry tends to view people as interruptions.

Jesus saw people.

Your greatest opportunity to love someone today may not appear on your calendar.

It may interrupt your calendar.

Don't become so focused on where you're going that you miss who God puts beside you along the way.

THINK ABOUT IT

1. How do you normally respond when people interrupt your plans?
2. Who might need you to slow down and really notice them today?

DAY 27 — QUICK TO LISTEN

READ: James 1:19–20

ALSO READ: Proverbs 18:2, 13

Most of us hear faster than we listen.

While another person talks, we're often preparing our response.

James says:

“Everyone should be quick to listen, slow to speak and slow to become angry.”

That's difficult when we're hurried.

Listening requires time. It communicates:

You're important enough for me to stop thinking about myself for a moment and pay attention to you.

Proverbs warns against answering before listening.

Think about your recent conversations.

Were you listening to understand—or listening for your opportunity to speak?

Jesus consistently asked questions and gave people attention.

Today, try something simple. When someone speaks, don't interrupt. Don't check your phone.

Don't immediately fix their problem. Listen.

Presence may be one of the most Christlike gifts you give someone today.

THINK ABOUT IT

1. Who in your life most needs you to listen rather than fix?
2. What habit most often keeps you from giving people your full attention?

DAY 28 — THE ONE

READ: Luke 15:1-7

ALSO READ: Matthew 18:10-14

Jesus tells of a shepherd with one hundred sheep.

One wanders away.

Ninety-nine are safe, but the shepherd notices **one** is missing.

People can become numbers to us.

Customers. Employees. Attendees. Followers. Students.

Patients. Neighbors.

Jesus sees individuals.

The person who feels invisible in a crowd isn't invisible to God.

And **if we want to become like Jesus, we must learn to notice people too.**

Who is the **one** around you?

The quiet coworker.

The struggling child.

The elderly neighbor.

The person sitting alone.

The friend who suddenly stopped calling.

Slowing down creates space to notice what hurry misses.

You don't have to help everyone today.

But perhaps God wants you to notice **one**.

THINK ABOUT IT

1. Who around you might currently feel overlooked?
2. What simple action could communicate to that person, "I see you and you matter"?

DAY 29 — PEOPLE OVER POSITION

READ: Philippians 2:1-8

ALSO READ: John 13:1-17

Jesus knew exactly who He was.

John says He knew the Father had placed all things under His power.

So what did Jesus do with that power?

He picked up a towel.

He washed feet.

Jesus didn't use His importance as an excuse to make everyone focus on Him. His security allowed Him to focus on others.

Philippians tells us to adopt the same mindset.

Hurry often makes life revolve around us:

My schedule. My deadline. My plans. My needs.

Jesus invites us to look to the interests of others.

Being present means temporarily laying down our agenda long enough to enter someone else's world.

Sometimes the most spiritual thing you can do is put down what you're doing, look someone in the eyes, and serve.

THINK ABOUT IT

1. Whose needs are easiest for you to overlook when you're busy?
2. What would putting someone else's interests ahead of your own look like today?

DAY 30 — BE HERE

READ: Ecclesiastes 3:1-13

ALSO READ: Psalm 118:24

"There is a time for everything."

Life comes in seasons.

Some we enjoy. Some we endure.

But we often make one mistake: wishing away the season we're actually living.

When the kids are older... When work slows down...

When I retire... When this problem is solved...

Then I'll enjoy life.

Psalm 118 says:

"This is the day the LORD has made."

This one. Not yesterday. Not someday.

Today. God is present here.

Your life isn't waiting to begin when circumstances become perfect.

It's happening right now.

There may be problems to solve and goals to pursue.

But **don't become so focused on the life you hope to have that you miss the life God has given you today.**

Be here.

THINK ABOUT IT

1. What current season are you tempted to rush through?
2. What gift from God is present in your life today that you don't want to miss?

WEEK 7 — PROTECT THE PACE OF YOUR SOUL

DAY 31 — EVERYONE IS LOOKING FOR YOU

READ: Mark 1:35–39

ALSO READ: Galatians 1:10

The disciples found Jesus praying and announced:

“Everyone is looking for you!”

That’s pressure. People wanted Jesus. People needed Jesus.

There was more ministry He could do.

Yet Jesus didn’t allow everybody else’s expectations to determine His next step.

He said they needed to go somewhere else.

Jesus disappointed some people’s expectations in order to remain faithful to His Father’s mission.

That’s difficult for people-pleasers.

Sometimes we say yes because we’re afraid someone will be disappointed.

But **following Jesus means God’s approval must matter more than everyone’s expectations.**

You cannot please everybody. Even Jesus didn’t try.

The better question isn’t:

What does everybody want from me?

It’s: What is God asking of me?

THINK ABOUT IT

1. Whose expectations have the most influence over your decisions?
2. Is there an area where pleasing people is making it harder to obey God?

DAY 32 — THE WORK YOU GAVE ME

READ: John 17:1–5

ALSO READ: Ephesians 2:8–10

Near the end of His earthly ministry, Jesus prayed:

“I have finished the work you gave me to do.”

That’s remarkable. There were still sick people.

Still poor people. Still people who hadn’t heard Him teach.

Yet Jesus could say His work was finished. Why?

Because He didn’t say: “I finished everything that could possibly be done.”

He finished the work the Father gave Him.

You will never accomplish everything that could be done.

There will always be another need, opportunity, project, or request.

Freedom comes when we stop trying to do everything and become faithful to our assignment.

God prepared good works for you.

But you aren’t responsible for everyone else’s work too.

Faithfulness isn’t doing everything.

It’s doing what God has given you to do.

THINK ABOUT IT

What responsibilities do you clearly believe God has given you in this season?

What are you carrying that may actually belong to someone else?

DAY 33 — A HEALTHY NO

READ: Acts 6:1-7

ALSO READ: Exodus 18:13-23

The early church had a legitimate problem.

People needed care.

The apostles could have tried to personally handle everything.

Instead, they recognized their priorities and empowered others.

Moses learned the same lesson centuries earlier.

His father-in-law watched him trying to personally solve everyone's problems and said:

“What you are doing is not good.”

Sometimes saying no isn't selfish. Sometimes it's wisdom.

Every yes costs something.

A yes to one commitment is a no to time somewhere else.

A healthy no protects an important yes.

What has God uniquely asked you to prioritize?

Your relationship with Him?

Your marriage? Your children? Your health? A specific calling?

Don't allow endless good opportunities to crowd out your most important assignments.

THINK ABOUT IT

1. What important “yes” in your life most needs protecting?
2. Is there something you need to say no to, delegate, or reduce?

DAY 34 — COME AND REST

READ: Mark 6:30–44

ALSO READ: Psalm 23

The disciples returned from ministry excited but exhausted. Jesus noticed.

“Come with me by yourselves to a quiet place and get some rest.”

Then the crowd arrived. Interestingly, Jesus had compassion on the crowd and ministered to them.

Healthy limits don’t mean becoming rigid or uncaring.

Sometimes love interrupts our plans for rest.

But notice the larger pattern of Jesus’ life.

He served intensely **and** withdrew regularly.

He was available **and** had limits.

Healthy spiritual rhythms aren’t about controlling every moment. They’re about creating a sustainable life in which we can remain available to God and love people well.

Psalm 23 pictures God as a Shepherd who **makes us lie down** and leads us beside quiet waters.

Sometimes allowing God to lead means allowing Him to lead us into rest.

THINK ABOUT IT

1. Do you tend toward overwork or toward avoiding responsibility?
2. What would a healthy rhythm of both service and rest look like for you?

DAY 35 — GUARD YOUR HEART

READ: Proverbs 4:20–27

ALSO READ: 1 Corinthians 6:19–20

“Above all else, guard your heart.”

We protect things we consider valuable.

Passwords protect accounts. Locks protect homes.

Cases protect phones.

But Solomon says one thing deserves special protection:

your heart.

Your emotional, spiritual, mental, and physical health affect how you show up everywhere else.

Protecting your soul isn't selfish. It's stewardship.

You belong to God. Your body belongs to God.

Your time belongs to God. Your energy belongs to God.

That means exhausting yourself unnecessarily isn't always a badge of faithfulness.

Ask:

What helps keep my soul healthy enough to love God and people well?

Then protect those rhythms. You aren't guarding your heart so you can withdraw from people.

You're guarding it so you have something healthy to give them.

THINK ABOUT IT

1. What rhythms consistently strengthen your spiritual, emotional, and physical health?
2. Which one have you allowed to become negotiable that needs protecting again?

WEEK 8 — LIVE AT THE PACE OF JESUS

DAY 36 — LEARN FROM ME

READ: Matthew 11:28-30 ALSO READ: 1 John 2:3-6

Eight weeks ago, we began with Jesus' invitation:

"Come to me." Now notice where the invitation leads:

"Learn from me."

Jesus doesn't merely want to help us recover from an exhausting life. He wants to teach us a different way to live.

A disciple isn't merely someone who believes certain truths about Jesus.

A disciple learns from Jesus how to live.

John says those who claim to live in Him should **"live as Jesus did."**

Think about Jesus' life. He worked hard.

He served sacrificially. He handled enormous responsibility.

Yet He also prayed, withdrew, rested, ate with friends, noticed people, and remained connected to His Father.

Maybe the question isn't:

How can Jesus fit into my lifestyle? Maybe it's:

How can my lifestyle increasingly become like His?

THINK ABOUT IT

1. What aspect of Jesus' lifestyle has challenged you most during this series?
2. What would "learning from Jesus" look like in your actual schedule?

DAY 37 — WALK WITH THE SPIRIT

READ: Galatians 5:16–25

ALSO READ: Romans 8:5–6

Paul uses an interesting phrase:

“Walk by the Spirit.”

Walking implies a pace. One step after another.

Not sprinting ahead. Not standing still.

Walking. Life with God is lived one day, one decision, one conversation, one act of obedience at a time.

Romans says a mind governed by the Spirit produces **life and peace**.

That’s a useful test.

What is the pace and direction of your life producing inside you?

Are you increasingly loving, joyful, peaceful, patient, kind, and self-controlled?

Or increasingly anxious, impatient, distracted, and exhausted?

Spiritual practices aren’t the destination.

Jesus is.

Practices simply help create space for the Holy Spirit to form the character of Jesus in us.

Keep walking. Stay close. Let Him set the pace.

THINK ABOUT IT

1. What is the current pace of your life producing in you?
2. Which fruit of the Spirit do you most want to see grow during the coming months?

DAY 38 — TRAIN FOR GODLINESS

READ: 1 Timothy 4:7-10

ALSO READ: 1 Corinthians 9:24-27

Athletes don't become strong accidentally.

They train. Paul tells Timothy: **"Train yourself to be godly."**

Spiritual practices such as prayer, Scripture, solitude, Sabbath, and simplicity don't earn God's love.

They train us to live more attentively with the God who already loves us.

There's a difference between **trying and training**.

Someone who decides to run a marathon tomorrow probably won't succeed by simply trying harder.

Training gradually prepares them for something they couldn't otherwise sustain.

The same is true spiritually. Don't leave Soul Supercharge with forty things you're going to change.

Choose a few practices. Start realistically.

Repeat them consistently.

Allow those rhythms to create space for God to shape you.

Small practices repeated over time can produce significant transformation.

THINK ABOUT IT

1. Which spiritual practice from this series has been most helpful to you?
2. What realistic rhythm could help that practice continue after the series ends?

DAY 39 — RUN YOUR RACE

READ: Hebrews 12:1-3

ALSO READ: 2 Timothy 4:6-8

Following Jesus isn't a sprint.

It's a lifelong race.

Hebrews tells us to **“run with perseverance the race marked out for us.”**

Notice: **your race.**

Comparison tempts us to run someone else's.

Their career. Their family. Their accomplishments.

Their possessions. Their ministry. Their pace.

But God has marked out a race for you.

Running faster isn't useful if you're running in the wrong direction.

Paul reached the end of his life able to say:

“I have finished the race. I have kept the faith.”

That's success. Not merely accomplishing a lot.

Not keeping everybody happy.

Not arriving exhausted with the most impressive résumé.

Keeping the faith.

Keep your eyes on Jesus. Run your race. And **choose a pace that helps you remain faithful all the way to the finish.**

THINK ABOUT IT

1. Where are you most tempted to compare your life with someone else's?
2. What would faithfulness in *your* race look like during this season?

DAY 40 — A DIFFERENT WAY TO LIVE

READ: John 15:1-11

ALSO READ: Colossians 2:6-7

Forty days ago, we started by asking:

What is the pace of my life doing to my soul?

Now we finish where healthy spiritual life begins:

Stay connected to Jesus. Jesus says: **“Remain in me.”**

That’s the heart of Soul Supercharge.

Not an empty calendar. Not escaping responsibility.

Not mastering forty spiritual techniques. Jesus.

Silence helps us notice Him. Sabbath teaches us to trust Him.

Simplicity creates room for Him.

Slowing helps us become present with Him and with people.

Healthy limits protect our ability to follow Him faithfully.

But none of those practices is the goal.

Jesus is the goal.

So don’t finish this devotional and simply return to your old pace. Take something with you.

Choose two or three rhythms that help you stay close to Jesus.

Then tomorrow, do the same thing we’ve been learning for forty days:

Be with Jesus. Learn from Jesus. Walk with Jesus.

THINK ABOUT IT

1. What are the two or three most important things God has shown you during these forty days?
2. What two or three rhythms will you intentionally carry forward?



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