

PACE OF LIFE EVALUATION

BOLES OF LIFE PODCAST
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If your response to the question 'how are you?' is regularly 'busy,' then you aren't busy, that is just your pace of life.

Pastor John-Mark Comer states that our pace of life is doing violence against our souls because we were not created to move at the pace of our modern world.

If we look at the life of Jesus as portrayed in the gospels we see that Jesus regularly steps away for time silence and solitude. You also see Him regularly pausing in the middle of what He is doing to spend time fully focused on the people immediately around Him.

The pace of your life isn't something that you will likely change overnight but will take time. We start by becoming conscious of what our pace is, then we decide what our priorities are, and finally, we make changes to our schedule based on our priorities.

Here are some practical steps to start this process:

- **Write down priorities**
- **Create a calendar with everything you do**
- **Track for 2 weeks where your time is spent**
- **Evaluate where you spend your time vs. what your priorities are - do they align?**
- **Try removing one thing from your calendar even if that is simply doing some things less often**
- **Create a list of things you automatically say no to**
- **Be patient with the process**