# unhurried

making space for God in a busy world

A Series Study Guide || June 2025

## WHAT'S IN THIS BOOK?

SERIES INTRODUCTION

Week 1: unhurried. // how to practice the slow rhythms of grace
Mt. 11:28-30; Rom. 12:1-2

Week 2: empty. // practicing silence and solitude
Luke 5:16, 6:12, 9:18, 9:28, 11:1

Week 3: less. // embracing simplicity
1 Tim. 6:17-19

Week 4: rest. // choosing sabbath
Gen. 2:2-3; Ex. 20:8

Week 5: ready. // come, Holy Spirit
Ephesians 5:18-20

NEXT STEPS




# A Series Introduction

We live in a world that runs on hurry. From packed calendars to endless notifications, our culture constantly pushes us to do more, buy more, and be more.

We can often feel that if we're not doing enough, we're missing out. But what if the exact opposite is true. Maybe our lives are so busy, we're missing out on what makes them truly remarkable: the presence and voice of God right in the daily moments of life.

In the midst of the whirlwind of busyness, disciples of Jesus are called to live differently—not just morally or culturally, but our pace and rhythms should look something like Jesus' own approach to life in a busy world. Jesus indeed lived in a busy world (notice the constant crowds demanding his attention) but he never seems to be in a hurry.

Jesus made space for interruptions (so often divine appointments in disguise). Jesus was approachable (never too busy for either the powerful or the marginalized). Jesus

made a habit of getting away from the crowds to invest in knowing the heart of the Father, seeing what the Father is doing and joining Him there (see John 5:19-20).

Time and time again, we see that Jesus didn't just find space to connect with God, He made space. There's a giant chasm between the two. Finding space almost seems accidental or something I'll do "one day" – when the kids aren't so busy, work isn't so crazy, or things are just going more smoothly. Making space, though, is intentional, pro-active, and counter-formational.

We swim in busyness, and all the pressure and expectation of busyness begins to form our hearts. The hurriedness of our culture teaches us how to spend our time and what to value. Hurry becomes normal, expected, and even a badge of honor. What all this busyness is actually doing, though, is discipling us--not in the way of Jesus but in the way and values of the world.

Slowing down is a form of counter-formation, because we're pushing against the patterns of this world by pressing into the way of Jesus. We are making space in our lives to press further into Jesus and his Kingdom.

*"Hurry is the great enemy of the spiritual life in our day. You must ruthlessly eliminate hurry from your life."* Dallas Willard

The real question is not whether we're being discipled, but by whom. This series is an invitation to let Jesus shape our lives in deliberate, grace-filled ways that stand in sharp relief to the pace and pressures of the world around us.

Each week will not only explore Jesus' own vision for formation, but offer tangible practices to help you resist the hustle and make space for God. **Because a life marked by the Spirit begins with space. And space begins with slowing down.**

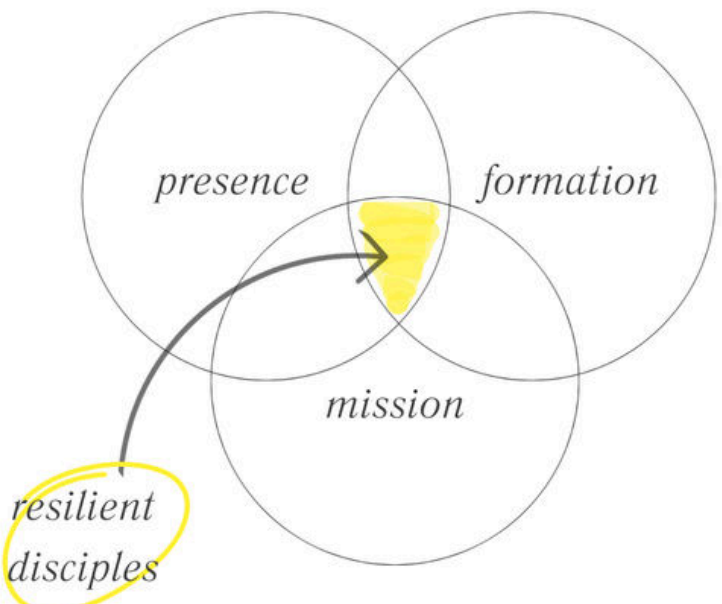
# The Way of Jesus

As disciples of Jesus, we seek to re-orient our life around three Jesus-centered priorities:
Be with Jesus (presence),
Become like Jesus (formation), and
Do what Jesus did (mission).

This series is designed the help us think carefully about practicing the formation side of discipleship: to become like Jesus.

We practice intentional spiritual formation, learning how to walk in the way of Jesus and not the ways of the world. We are being formed into the likeness of Christ.

This is our simple but heartfelt prayer with this series: *Holy Spirit, make me more like Jesus.*



# Additional Resources

*The Ruthless Elimination of Hurry*, John Mark Comer (Learning to slow down and embrace the unhurried presence of God - in a culture of busy.)

*Practicing the Way*, John Mark Comer (Embracing the rhythms of discipleship: to be with Jesus, to become like Jesus, to do what Jesus did.)

*Renovation of the Heart*, Dallas Willard (An invitation to embrace a deeper transformation, one that begins from the inside out. A great resource for becoming "like Jesus.")

*The Familiar Stranger*, Tyler Staton (A re-introduction to the Holy Spirit for those closing the gap between their experiences and what they read about in the Bible.)

*Ordering Your Private World,* Gordon MacDonald (A call for a tech-focused generation to find deep and meaningful life by trusting God with our motivation, priorities, intellect, spiritual growth, and rest.)

*Invitation to a Journey,* Robert Mulholland (Spiritual formation is not a end unto itself. Mulholland invites you to become like Jesus "for the sake of others.")

*Embracing Rhythms of Work and Rest*, Ruth Haley Barton (A journey into practicing sabbath in a busy world.)

*Jayber Crow*, Wendell Berry (A story-based approach to the slow power of spiritual formation.)

*unhurried*

*Week 1*

Date:

Speaker:

Main Scripture: Matthew 11:28-30

SERMON TITLE

unhurried: how to practice the slow rhythms of grace

| Main Points \| Verses Used | Notes |
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## REFLECTIONS

Reflect on how to apply today's sermon to your life

**Quotes:**

“Hurry and love are incompatible.”
- John Mark Comer

“We, for every kind of reason, good and bad, are distracting ourselves into spiritual oblivion.”
- Ronald Rolheiser

## Week 1: Reflect and Discuss

1. What do you think Jesus meant when He said, “My yoke is easy and my burden is light”? How does this contrast with the way you typically live?

2. In what ways do you currently feel hurried, overwhelmed, or under pressure? What impact is this having on your soul, relationships, or spiritual life?

3. Dallas Willard called hurry “the great enemy of spiritual life.” Where do you see the influence of hurry disrupting your ability to be present with God and others?

4. Jesus invites us to “come to Him.” What might you need to walk away from in order to respond to that invitation today?

5. How does our culture define success or importance? How does Jesus’ invitation to rest challenge those definitions?

6. How might slowing down actually increase your capacity to love others well? How have you seen “hurry and love” be incompatible in your own life?

7. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

8. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

## Practice: A Walk with Jesus

"Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace." Matthew 11:29 (MSG)

You don't need to look far to see how deeply hurry has shaped us. The tight shoulders. The shallow breaths. The sense that there's always more to do, more to become, more to prove. In this culture, speed is a virtue, and busyness is a badge. But into that exhausting rhythm, Jesus whispers a different way: "Come to me… and I will give you rest."

When Jesus invites us to take His yoke, He's offering more than relief—He's offering a way of life. A yoke joins two animals to walk together in the same direction at the same speed. To take His yoke is to match pace with Him. It's not a demand to perform better, but a call to walk closely with Him, to learn from His gentle heart, and to find rest for our souls.

The challenge? This way of life will not just happen. Our default is busyness. To be yoked with Jesus requires attention and intention. It requires a resistance to the noise and speed that form us in ways contrary to the kingdom of God.

That's why this week we walk. Slowly. Intentionally. Not to get somewhere, but to be with Someone. Leave the phone at home. Forget your to-do list. Walk away from the dishes and chores. We're encouraging you to take a literal walk to invite you out of the spaces where the world barks for your attention (in front of screens or stacks of work).

As we deliberately slow down our bodies, we also give permission for our hearts and minds to do the same. The practice is simple, but it's not shallow. It is a sacred act of formation—of choosing to live in step with the One who is gentle and humble in heart.

Today, accept His invitation. Don't rush past it. Walk with Him.

Watch how He moves. Let Him show you what life feels like when it's lived at the pace of grace.

Reflection:

- What does your current pace of life reveal about what you value?
- How would your life look different if you truly believed Jesus' way was light and gentle?
- Are you willing to let Jesus re-teach you how to walk with Him?

**Practice:**
Scripture Focus: "Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace." Mt. 11:29 (MSG)

Step 1: Take a 10–20 Minute Unhurried Walk
Go outside (if possible), and walk slowly—slower than you normally would. Let this be a non-productive walk: no destination, no multitasking, no podcast. Just walk and be aware.

Step 2: Practice Awareness
As you walk, pay attention to:

- Your breathing – Breathe in: "Jesus, I come…" Breathe out: "…I find rest in You."
- Your surroundings – Notice small details: birdsong, leaves, temperature, movement.
- Your heart – What are you carrying? What are you sensing that God is doing in your heart right now?

Step 3: End with a Prayer
As you conclude, pause and offer this simple prayer:
"Lord Jesus, slow me down.
Teach me to walk with You, not ahead of You."

What is one thing that God put on your heart during this walk?

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Week 2

Date:

Speaker:

Main Scripture: Luke 5:16, 6:12, 9:18, 9:28, 11:1

SERMON TITLE

empty: practicing silence and solitude

| Main Points \| Verses Used | Notes |
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REFLECTIONS

Reflect on how to apply today's sermon to your life

**Quote:**

“The noise of the modern world makes us deaf to the voice of God, drowning out the one input we most need.”
- John Mark Comer

“In contemporary society our Adversary majors in three things: noise, hurry, and crowds. If he can keep us engaged in 'muchness' and 'manyness,' he will rest satisfied.”
- Richard Foster

**Week 2: Reflect and Discuss**

1. When was the last time you intentionally withdrew to a quiet place to be with God? What did you notice about your heart and mind in that space?

2. What kinds of noise—external or internal—most often drown out your ability to hear God’s voice? How might you begin to turn the volume down?

3. Why do you think Jesus made solitude such a regular rhythm in His life? What does that teach us about the nature of our relationship with the Father?

4. What are the obstacles keeping you from practicing even five minutes of daily silence? What would it take to remove or work around them?

5. What do you sense God might want to say to you—if you made space to really listen?

6. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

7. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

## Practice: Be Still

“Be still.

Many confuse stillness with waiting for revelation. Sometimes revelation does come, and it’s marvelous. But that’s not the purpose of stillness. The purpose is consent. It is the daily practicing of consenting to the work of God’s Spirit, which is deeper than understand or words. It’s how “deep calls to deep” from our soul to his.

Pick a consistent time. For you, this may be the final moments before rushing off on your morning commute, the sudden silence right after dropping the kids at school, or the daily office lunch break. It would be the first thing you do in the morning or the last thing you do before your head hits the pillow. When doesn’t matter, so long as the when is consistent, because there is no such as a habit or priority that does not happen consistently.

Create a ritual. Choose an ordinary place to become sacred - ordinary sacred ground. This could be your favorite chair, the back porch steps, the upstairs balcony, or the window seat of a city bus. Sit up straight with your two feet planted firmly on the ground. Lay your hands in your lap, palms open, facing up. Close your eyes. Breathe in deeply and exhale slowly three times. Pray something simple and invitational. Traditionally, this is called a breath prayer and sounds like, “Here I am, Lord,” or “Come, Holy Spirit,” or “Lord, have mercy.”

Then be quiet. Be still. Wait. I suggest setting a timer - a chime on your device or an old-fashioned stop watch will do. When you set a timer, it keeps you from needing to open your eyes to check the time. Start with two minutes.

Do this every day. Just two minutes of silence. After a month, bump it up to four, and then six months later to six.

Resist the urge to decide if this practice of silent prayer is “working.” Simply trust that… the practice of Jesus himself might have a place in your life too. Practice silence as a sacrificial offering to God. It’s that simple. It’s about giving something of yourself to God, not getting something from God. One day you’ll look up, discovering that somewhere along the way - at a point you can’t name precisely but know for sure that you’ve crossed - silent prayer became a lifeline, an essential.

Give God the first word, and let spoken prayer follow as a response.”

- Tyler Stanton
Except from *Praying Like Monks, Living Like Fools*

**Spend two minutes putting this into practice each day this week.**

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Week 3

Date:

Speaker:

Main Scripture: 1 Timothy 6:17-19

SERMON TITLE

less: embrace simplicity

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## REFLECTIONS

Reflect on how to apply today's sermon to your life

**Quote:**

“Life becomes much more simple when on thing matters most.”
- Adele Ahlberg Calhoun

“Simplicity is an inward reality that can be seen in an outward lifestyle of choosing to leverage time, money, talents, and possessions toward what matters most.”
- John Mark Comer

**Week 3: Reflect and Discuss**

1. In what ways do you find yourself chasing “more”—more stuff, more success, more comfort?

2. What emotions come up when you imagine living with less? Freedom? Fear? Resentment? Relief?

3. What would need to be true in order for you to see simplicity not as loss, but as liberation?

4. Where might God be inviting you to simplify—not as a rule, but as a step into greater freedom and love?

5. How cluttered is your stuff, schedule, and priorities? Are there places in these areas where you’re struggling to trust in God’s sufficiency and care?

6. What would change in your life if you truly believed that “less” could mean “more” in the Kingdom of God?

7. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

8. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

# Practice: Towards Simplicity

"Seek first the kingdom of God and his righteousness, and all these things will be given to you as well." Mt. 6:33

The Christian practice of simplicity is not about deprivation—it's about freedom. Simplicity is the grace-filled path of clearing space for what matters most: life with God and love for others.

Here are a few expressions of simplicity to consider trying:

**1. Possessions**: **Hold Loosely**
Reflection: What owns you more than you own it?
Practice:

- Choose one area (closet, bookshelf, kitchen) and ask: Do I use this? Does it help me love God or others?
- Set aside 10 items to give away—things in good condition that could bless someone else.
- Begin a habit: For every new item I buy, I give something away.

Prayer: "Lord, teach me to hold what I have with open hands. May my treasure be in you."

**2. Schedule: Make Space for What Matters**
Reflection: Is my calendar aligned with my calling?
Practice:

- Eliminate one non-essential commitment this week.
- Block out a daily 10-minute "unhurried space" for silence, prayer, or Scripture.
- Observe one "tech Sabbath" each week (even if just a few hours)—turn off devices to tune in to God and people.

Prayer: "Jesus, I surrender my time to you. Order my days around your presence and purposes."

**3. Priorities: Choose What Really Counts**
Reflection: Am I living for what lasts?

Practice:

- Write down your top 3 God-given priorities (e.g., loving your neighbor, discipling your kids, serving your church).
- Each morning, ask: How can I align today with these?
- Say a gentle “no” to something lesser in order to say a joyful “yes” to something eternal.

Prayer: “God, give me wisdom to pursue what matters and courage to let go of what doesn’t.”

Scripture for the Journey

- Matthew 6:19–34 — Treasure in heaven
- Luke 12:15 — “Life does not consist in an abundance of possessions.”
- 1 Timothy 6:6–8 — “Godliness with contentment is great gain.”

**Start small. Start today.** Simplicity isn't a destination—it's a path that leads to joy, clarity, and deeper life with God. It’s a path to becoming more like Jesus.

When we declutter our lives from what distracts and consumes us, we create space to be formed in His image. Jesus lived with holy focus—unhurried, generous, free from grasping for more. As His disciples, simplicity helps us reorder our lives around His way, allowing our hearts, habits, and priorities to increasingly reflect His.

In letting go, we become more open—more available—to the Spirit's transforming work.

What’s your one next step towards simplicity?

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*Week 4*

Date:

Speaker:

Main Scripture: Genesis 2:2, Exodus 20:8

SERMON TITLE

rest: choosing sabbath

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REFLECTIONS

Reflect on how to apply today's sermon to your life

**Quotes:**

“People who keep Sabbath live all seven days differently.”
- Walter Brueggmann

“The Sabbath helps us know experientially that nothing we do will make God love us more.”
- Lynne M. Baab

**Week 4: Reflect and Discuss**

1. Jesus says, “The Sabbath was made for man, not man for the Sabbath” (Mark 2:27). In what ways have you seen Sabbath distorted—either as legalism or ignored altogether?

2. In what ways have you internalized a culture that “glorifies exhaustion”? How does that impact your identity, relationships, or ability to enjoy God?

3. What do you find life-giving, delightful, or joyful that could be part of a Sabbath rhythm? What does delighting in God look like for you personally?

4. When you think of taking a full day (or portion of a day) to stop, rest, worship, and delight, what emotions rise up—resistance, guilt, longing, fear? What do those emotions reveal about your view of rest and God?

5. Exodus 20:8 calls us to “remember the Sabbath.” What tempts you to forget or neglect rest? What habits or pressures make that difficult?

6. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

7. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

## Practice: Sabbath Rest

There's a kind of holy disruption that comes with Sabbath. It interrupts the noise, challenges the frenzy, and gently whispers: You are not what you produce. You are God's beloved.

From the very beginning, God wove rest into the rhythm of creation—not out of exhaustion, but out of delight. "On the seventh day, God rested…" (Genesis 2:2). It's wild when you think about it—God, all-powerful and never tired, stopped. Why? Because rest reveals something sacred. It is about presence. It is about trust.

We live in a world allergic to stopping. We are constantly nudged to do more, prove more, earn more. Sabbath is resistance to that pressure. It's an act of protest against the lie that our worth is found in our productivity. In stopping, we declare with our lives: I am not God. I don't hold it all together. But I know and honor who does.

Jesus reminded us that "the Sabbath was made for man" (Mark 2:27). It's a gift—not a burden. It's not just a day off filled with errands or Netflix, but a holy invitation into presence: with God, with ourselves, with others. The point isn't perfection or legalism. It's to sit with God again, to listen, to laugh, to breathe.

And in a world of noise, what could be more countercultural—more healing—than learning to delight in a God who says, You can stop now. I'm still here.

**A Gentle Beginning: A Sabbath Starter Practice**

Purpose: To create space to stop, breathe, and become aware of God's presence—even just for part of a day.

Step 1: Choose a Sabbath Window (2–4 Hours)
You don't have to start with a full day. Choose a block of time this week (ideally the same time each week) when you can

pause. This is your Sabbath window—a small space where you stop working and start resting in God.

Example: Sunday afternoon, Friday night, or even a weekday morning off.

Step 2: Prepare in Advance
Ask: What usually distracts me? What can I set aside?
Before your Sabbath window begins, do anything you need to prepare—tidy up, silence notifications, or let others know you'll be offline. The goal is to be fully present.

Step 3: Light a Candle (Optional, But Helpful)
As you begin, light a candle and pray:
"God, I'm here. I stop now to be with You. Teach me how to rest." This small ritual marks the time as sacred and signals to your body and mind: this is different.

Step 4: Do What Is Life-Giving
During your Sabbath time, focus on what brings deep rest, delight, or connection with God. This could be:

- A slow walk without your phone
- Reading Scripture or poetry
- Listening to worship music or silence
- Enjoying a good meal or time with loved ones
- Journaling or napping without guilt

Avoid things that feel like hustle, pressure, or emotional noise (email, chores, news scrolls, etc.).

Step 5: End with Gratitude
Close your Sabbath window with a short prayer of thanks:
"Thank You, God, for this time. Help me carry Your peace into the rest of my week."

Remember: This is not a performance—it's a practice.
The goal isn't to "get it right" but to become more aware of God's presence as you stop. Over time, your capacity to rest and trust will grow.

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Week 5

Date:

Speaker:

Main Scripture: Ephesians 5:18

SERMON TITLE

ready: come, Holy Spirit

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REFLECTIONS

Reflect on how to apply today's sermon to your life

**Quotes:**

“The Spirit always empowers us to do the thing that God is calling us to do.”
- Oswald Chambers

“The Spirit of God is not far off; He is here with us now, ready to comfort, guide, empower.”
- Charles Spurgeon

**Week 5: Reflect and Discuss**

1. Ephesians 5:18 says, “Be filled with the Spirit.” What do you think it means to live moment-by-moment, filled with the Spirit—not just once, but continually?

2. When in your daily life are you most aware of the Holy Spirit’s presence? When are you least aware?

3. An unhurried life is one open to the Spirit’s presence and power. What are the areas of your life where hurry or busyness crowds out space for God?

4. Which part of the “Come, Holy Spirit” prayer resonates most with your current season of life?
- Make me aware of Your presence
- Make me into who I am in Christ
- Make me an instrument of Your kingdom

5. Tyler Staton describes this prayer as “reaching for a hand in the dark.” What area of your life feels like darkness or uncertainty right now where you need to pray, “Come, Holy Spirit”?

6. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

7. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

## Practice: Come, Holy Spirit

“Come, Holy Spirit” is one of the simplest and most profound prayers a follower of Jesus can pray. It is not a command we give to God—it’s a posture of open-hearted dependence, rooted in the biblical story and practiced by the church throughout history.

From Genesis to Revelation, the Holy Spirit is the animating presence of God. In Genesis 1, the Spirit hovers over the chaos, ready to bring life. In the Old Testament, the Spirit empowers prophets, kings, and artisans for God’s purposes. But the prophets longed for a day when the Spirit would be poured out on all people (Joel 2:28–29).

At Pentecost in Acts 2, that day arrives. Jesus, risen and ascended, sends the Holy Spirit to dwell with and in His people. The Spirit is now the personal presence of Jesus among us—our comforter, teacher, intercessor, and power.

“Come, Holy Spirit” is a prayer that flows from the already-but-not-yet of the kingdom: the Spirit has come, yet we long for more of His presence and power.

When we pray “Come, Holy Spirit,” we are naming our ache. We are saying, “I cannot do this alone.” We are acknowledging that great preaching, strategic planning, or moral striving cannot awaken hearts or heal wounds. Only the Spirit can convict, comfort, and transform. “Come, Holy Spirit,” is an expression of our desperation for more of Him, a longing and need that cannot be satisfied elsewhere.

Prayer is not performance but relationship—and “Come, Holy Spirit” is like reaching for a hand in the dark. It is an intimate, vulnerable invitation: “God, I trust you enough to ask you to draw near.” In the quiet or the chaos, in liturgy or longing, we open our hearts to the real-time presence of God.

**Pause**
As I enter prayer now, I pause to be still. To breathe slowly.
To center my scattered senses on the presence of God.
“Come, Holy Spirit.”
I whisper this simple prayer as I breathe in and out.
With every breath, I make space for the presence of God.

**Rejoice & Reflect**
“And I will ask the Father, and he will give you another Helper, to be with you forever—the Spirit of truth.”
—John 14:16–17 (ESV)

Jesus promised that I am never alone.The Holy Spirit is not distant or reserved for the “super spiritual.” He is the everyday presence of God with me—in joy and in struggle, in silence and in conversation. I rejoice today that the Spirit is already near. And still, I pray: “Come, Holy Spirit.”

**Ask**
Holy Spirit, Fill my heart afresh this morning. Make Jesus real to me. Shape my thoughts, guide my steps, speak to my spirit. I invite You into my words and work today. Into my routines, my relationships, my rest. [Pause and invite the Spirit into a specific need or part of your day.]
Come, Holy Spirit, into my weakness…
Come, Holy Spirit, into my strength…
Come, Holy Spirit, into all that today will hold.

**Yield**
As I yield myself to You today, I let go of control, I surrender hurry and striving, And I say again: “Come, Holy Spirit.” Be the breath in my lungs, the wisdom in my decisions, the love in my heart.

Amen.

**Next Steps**
How has God been stirring you to response through this series on the practices of Jesus?

**Want a deeper dive?**
Practicing the Way is an eight-week equip class, designed to help you think more biblically and practically about the practices of Jesus--including some that we introduced in this series. We'll meet on Wednesday evenings at 7pm-8pm at Pastor Brett's house. **Beginning July 2**. Sign-up here: www.findcommunity.com/events

**Want more information about a House Church?**
House Churches are small groups that meet in houses around our valley. The schedule and neighborhoods are always changing as we add new groups, but check out more info at www.findcommunity.com/housechurch

**Join Sent Saturday!**
This will be a morning where we come together to receive training on prayer (and sharing the gospel) before going out in pairs to pray through the neighborhood and pray for others. Saturdays this summer: June 14, July 19, August 16, 9:00-11:00am. Meet on campus in the courtyard. More info: www.findcommunity.com/event/sent-saturday/

Check the summer "Inside Community" magazine for more events and classes to help you grow into a resilient disciple, saturating this inland valley with Good News!

*Want to talk with a pastor or ministry leader about your next step? Email (info@findcommunity.com) or call (909-945-5001) to set up a conversation.

**NOTES:**

COMMUNITY
CHURCH RANCHO