



Week #5: Trading Defeat for Victory

As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. “Come, follow me,” Jesus said, “and I will send you out to fish for people.” At once they left their nets and followed him.

Matthew 4:18-20 (NIV)

- Drop the _____ of defeat.
- Follow the _____ of Jesus.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30 (MSG)

The Pace of Jesus: Rhythms Jesus lived throughout His life

- Closeness with _____.
 - Engaging in _____.
 - Engaging in _____.

(Luke 2:46, John 3:22, Mark 4:38, Mark 6:31-32, Luke 10:38–42)

- Closeness with _____.
 - Engaging in _____.

- Engaging in _____.

(John 3:22, John 10:38-42, Mark 14:12-26, John 2:1-12)

- Live in victory by the _____ of God.

The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

Romans 8:11 (NLT)

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

John 16:33 (NLT)

Discussion questions:

1. When was a time in your life when you felt defeated?
2. What is a rhythm of Jesus you want to grow in?
3. What would it look like to live lighter, relying on God's power and not your own?

Recommended Resources:

- [Living Lightly. A Free Online Devotional. by Patriece McPeak](#)
- [You Are More Than You've Been Told: Unlock a Fresh Way to Live Through the Rhythms of Jesus. by Hosanna Wong](#)
- [Practicing the Way: Be with Jesus. Become Like Him. Do As He Did. by John Mark Comer](#)
- [Soul Care: Find Life-Giving Rhythms. Live Restored. Avoid Burnout. Discover Unspeakable Joy, by Debra K. Fileta](#)
- [Winning the War in Your Mind: Podcast / Sermon, Life.Church with Craig Groeschel](#)

(NIV) New International Version

(MSG) The Message

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Week #5: Trading Defeat for Victory - **FILL**

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- Drop the posture of defeat.
- Follow the pace of Jesus.

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The Pace of Jesus: Rhythms Jesus lived throughout His life

- Closeness with GOD.
 - Engaging in GOD'S WORD.
 - Engaging in REST.

(Luke 2:46, John 3:22, Mark 4:38, Mark 6:31-32, Luke 10:38–42)

- Closeness with people.
 - Engaging in CELEBRATION.
 - Engaging in CONFESSION.

(John 3:22, John 10:38-42, Mark 14:12-26, John 2:1-12)

- Live in victory by the power of God.

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