

5: JESUS SETS THE PACE: WHY SLOWING DOWN STRENGTHENS DISCIPLESHIP

By John Leavy

In Week 1: What is a Disciple?

2 Min read



“Take My yoke upon you and learn from Me...” — *Matthew 11:28-30*

I can remember so many family hikes when I called out to our boys to stay within view, only for them to dismiss the instructions and vanish ahead of us on the trail. A trait that seems to be sewn into a grown male’s DNA.

Following Jesus doesn’t mean rushing ahead—it means walking at His pace. His yoke isn’t heavy because He carries the weight. Disciples learn to move with Him, not ahead of Him.

Most men are wired to push. Faster. Harder. More. We carry that mindset into faith, assuming spiritual maturity means more activity, more study, more output. But Jesus

invites men to something different—a shared burden where He sets the pace. He carries the load.

Jesus doesn't hurry men down the trail. He walks with them. He slows when they need to learn, pauses when they need to catch their breath, and presses forward when they're ready to grow. Discipleship isn't a race to finish—it's a walk to sustain.

APPLICATION

Many men give up because they move faster than God is leading. They want results—now! They treat spiritual growth like a gym performance metric rather than a relationship.

Jesus teaches restraint, patience, and trust. His yoke isn't heavy because He's carrying the weight that crushes us when we try to take it alone. When a man moves at Jesus' pace, he learns to listen, to wait, and to respond rather than react.

The trail the disciples are on doesn't reward the first finisher. It rewards the man who keeps growing. Matching Jesus' pace keeps you steady, grounded, and present for the long haul.

LIVE IT OUT

Slow one part of your day today. Let your commute become a few quiet moments in conversation with your Creator. Breathe, instead of racing through a list of wants. Ask Jesus to set the pace. Following Him isn't about covering more ground—it's about walking the trail He's chosen for you, step by step.

PRAY THIS...

"Lord, help me to resist getting ahead of where it is you're leading me."

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Practice builds the man***

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