

Instructions:

Group leaders, take some time before your gathering to look over these questions. Ask the Holy Spirit to guide you as you pick 3-5 questions to discuss that pertain to your group's unique style and needs.



Series: In a Hurry

We live in the digital age with access to more information and modes of communication than ever before. There is always more to read, see, watch, and do in the deluge of news, social media, streaming platforms, and alerts. Many of us are left feeling behind, hurried, stressed, and just plain rundown.

But what is this hurried pace of life doing to our souls?

Join us this fall as we explore "how to stay emotionally healthy and spiritually alive in the chaos of the modern world." That is, how to slow down and connect with our God, our community, and even our souls. Jesus invites us to follow a way of love that is incompatible with a hurried lifestyle. Join us, as we adopt practices that will help us slow down and experience rest and life with Jesus.

Message description:

Jesus was never in a hurry. His slow, deliberate pace, created room in his life where space for God and love for people were the top priorities. In order to follow after Jesus and make space in our own lives, we need to adopt a practice of slowing. John Ortberg defines this practice as "cultivating patience by deliberately choosing to place ourselves in positions where we simply have to wait." The writer of James encourages the church to be patient together as they wait upon the Lord. That is, to not judge or grumble against one another, but to pray for anyone among them who is suffering.

Consider cultivating a few habits of practicing patience to slow down our body, in order to cultivate an unhurried soul.

Key Scriptures

James 5:7-11

Questions Related to This Week's Message:

1. How did your practice of silence, solitude, and sabbath go last week? What did you think? What did you find challenging or enjoyable? [Encourage each other to keep practicing! We aren't going for perfect, only present to God and our own spirit's/needs].
2. Do you feel less hurried than you did at the start of this series? Why or why not?
3. Have you noticed any change in your own hurry sickness [symptoms: irritability, hypersensitivity, restlessness, workaholism, emotional numbness, out of order priorities, lack of care for your body, escapist behaviors, slippage of spiritual disciplines, isolation]?
4. If Jesus lived your life for a day, what would he say about how you live or your pace?
5. Why do we find going slow and being patient so difficult?
6. What are some small habits that you could begin to practice slowing today?

Going Deeper:

From the companion guide of John Mark Comer's "The Ruthless Elimination of Hurry"

A few ideas for practicing slowing:

1. Drive the speed limit.
2. Get into the slow lane.
3. Come to a full stop at stop signs.
4. Don't text and drive.
5. Show up ten minutes early for an appointment, sans phone.
6. Get in the longest checkout line at the grocery store.
7. Turn your smartphone into a dumb phone.
8. Parent your phone (i.e., Keep your phone off until after morning quiet time.)
9. Set timers for email.
10. Set a time and a time limit for social media.
11. Get rid of your TV or limit the amount of time you spend watching it.
12. Single-task.
13. Walk slower.
14. Take up journaling.
15. Experiment with mindfulness and meditation.
16. Cook your own food and eat it.

Questions to begin practicing Sabbath:

- Which of these practices appeals to you or do you think is doable?
- Are there any of these practices you find unreasonable? Why or why not?
- If you were creating your own list of habits to practice slowing, what would you add?
- How could you apply a few of these to your weekly time of house group? [Put away phones, share a meal, pray for one another, etc.]

FOR MORE, CHECK OUT "RESOURCES FOR PRACTICING SLOWING" ON OUR WEBSITE